Grandmas' Best Desserts | 5 Ways to a More Organized Pantry | Foods That Slow Aging

INGREDIENTS FOR THE GOOD LIFE

EatingWell®

MAY 2021

BUILD A BETTER BREAKFAST SANDWICH
PAGE 54

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COVER PHOTO: TED & CHELSEA CAVANAUGH; STYLING: NORA SINGLEY; **COVER RECIPE:** PAGE 54.
THIS PAGE: RYAN LIEBE; STYLING: JUDY KIM (FOOD), PAIGE HICKS (PROPS)

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Good Life

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Shrimp on the You-Know-What

Grilled Shrimp Tostadas

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Food with Purpose

Owen Taylor and Christopher Bolden-Newsome aren't just seed sellers—they're storytellers, bringing to light the tales of vegetables and herbs that hold cultural significance for refugees and immigrants.

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Thank You, Mom

My mom popped open some canned cling peaches for me *(left)* and is trying to feed my 9-month-old sister without a highchair at my Grandma Price's house, circa 1976.

Lately, I've had a lot of reasons to be thankful for all that moms do in this world.

First off, there's the past 12-plus months of the pandemic, in which the *EatingWell* team has put together 10 issues of the magazine. For the most part we've been collaborating well, each of us sitting in our own home. But how that plays out is very different for someone like me (no kids) than for the moms on our team, especially those with young ones. I know, because I see the tug of war between being a teacher, entertainer, sibling referee, lunch cook AND dialed-in employee going down in the background of our video meetings. While we're deciding how to photograph a recipe, what edits to make to a story or what to cook on Instagram Live, the kids need help logging into their remote classes or permission to eat a bowl of ice cream ... at 9:30 a.m. In the best of times, being a working mother is a tough feat. But this year, the level of effort required has been downright rough. (Dads, I appreciate that you've been right there through all this craziness too. It just happens that our team is mostly women.)

The momma current is also running strong because we're in the midst of a baby boom on the *EatingWell* team. A full third of our staff will have had a baby this year. Photo director Maria Emmighausen was the first, last summer, then our lead recipe developer Adam Dolge's wife had a baby in December, our Test Kitchen director Breana Killeen is about to have TWO any day now (and definitely by the time you're reading this) and our associate editor Lucy Clark is going to have her first in June. The maraschino cherry on top of this neonatal sundae: our managing editor just became a grandmother for the first time in September. Holy moly! In the midst of the cruelest year, our group has been extremely blessed with these new additions.

Finally, of course, we're coming up on Mother's Day on May 9, and to honor that, we've included a couple of stories that celebrate the power of moms. In "Parsnips & Pop-Tarts" *(page 72)* we hear how our author, who started with high (unrealistic?) hopes of raising perfect healthy eaters, learned to breathe deeply and embrace the chaos that kids brought to her life. On page 80, chef Brooke Siem shares memories and recipes from her journey around the world. In each location she tracked down a grandma who was willing to bring her home to cook a favorite dessert and swap stories. Siem was inspired to start what she dubbed "The Grandmother Project" by her early connection with a grandmother figure—forged over homemade lunches and reminiscences. Although these two features offer different perspectives, they both underscore the outsize role that mothers and grandmothers often play in shaping our tastes as well as so many other aspects of who we become.

My own mom is a voracious reader of cookbooks and magazines, always looking to try new things. And each time I dip an artichoke in hollandaise sauce or stir a pot of cheese grits spiked with Frank's hot sauce, I think of the childhood lessons my mom imparted, and I know for sure that I am her daughter.

Cheers—

Jessie

Jessie Price,
editor@eatingwell.com

Follow me on Instagram @jessieeatswell

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WE ASKED YOU:

What do you want for Mother's Day this year?

I want to be able to **go to brunch** with my family. —*kelly_kirby*

Rocky Mountain hiking with my daughter and her family. It's our traditional Mother's Day thing. —*Michelle Kennard*

A **clean house** that isn't cleaned by me! —*divincenzo_annandono*

Just wish to be **healthy with my loved ones.** Now more than ever I understand that is the best gift. —*Lupita Uribe*

A **cooking class** with both my kids to learn how to make pasta. —*madamescott72*

Cast-iron pan! —*mnswede3*

I want a day with my kids and grandkids hanging by the pool, laughing and playing and dodging cannonballs **with something yummy cooking on the grill.** Lazy. Simple. Laughter. —*srcfisher*

For a future issue, we want to know:
What's your favorite summer drink?

Scan this code to tell us and we may publish your answer.

WHAT'S TRENDING ON EatingWell.com

1 **Meatless May Challenge** Want to try going plants-only for 30 days? We've got all the best recipes—like this Crunchy Salad with Creamy Vegan Avocado Dressing *(left)*. *EatingWell.com/MeatlessMay*

2 **Mom's *Month* Off** From breakfast-in-bed spreads that kids can help with, to easy ways to make her feel appreciated, get our fun ideas for showing Mom some love on more than just May 9. *EatingWell.com/MomsMonthOff*

3 **Weight-Loss Tweaks That Actually Work** Five surprising mental shifts that dietitians recommend to help you shed pounds. *EatingWell.com/WeightLossTweaks*

THE EATINGWELL GOOD-LIFE GURUS

It's the start of growing season—at least where *EatingWell* is in the Northeast. Meet some of our favorite family farms to follow on Instagram for gardening eye candy and inspo.

@freegrassfarmer
Joel Slezak and Erica Hellen raise grass-fed cows, forest-fed pigs and chickens, ducks and geese on 250-plus acres in Free Union, Virginia. Slezak's Instagram brims with the kind of animal photos (and videos) you need for a mid-afternoon pick-me-up on a tough workday. What's cuter than a calf being bottle-fed or a bunch of eager ducklings scurrying out to pasture?

@opendoorfarmnc
Jillian and Ross Mickens flipped a 43-acre former tobacco and cattle farm in Cedar Grove, North Carolina, into what is now a thriving vegetable, microgreen, flower and duck-egg business. Expect to see cheery images like dahlias, gladiolas and sunflowers blooming, their 100-plus ducks running around (seven different breeds!) and their Australian Shepherd, Charlie Girl, posing in the fields.

@footprintfarm
On 1.5 acres in Starksboro, Vermont, **Taylor and Jake Mendell** grow a rainbow of certified-organic vegetables for their 150-family CSA. (Yes, we're amazed they produce so much in such a small space too.) A few *EatingWell* staffers have had the good fortune to be customers, but just subscribing to their Instagram feed will inspire you to throw together brighter, veg-forward meals.

SUWANEE LENNON; INSETS: COURTESY JOEL SLEZAK; JILLIAN MICKENS; TAYLOR MENDELL

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GOOD LIFE

FRESH IDEAS FOR EVERY DAY

Please, Help Yourself

Little Free Pantries have been popping up across the country—adding another source of food and supplies for neighbors in need.

By Lambeth Hochwald

"When I talk to Little Free Pantry stewards across the country, many tell me that items put in their local pantries will be gone in 30 minutes."

—Jessica McClard, founder, Little Free Pantry

In 2014, Jessica McClard saw a host of Little Free Libraries appearing around her Fayetteville, Arkansas, community and something dawned on her: she could apply the same concept to create a "leave what you can, take what you need" Little Free Pantry. Her church gave her the green light to place one near the building, and the mother of two built a small enclosed wooden structure and stocked it with nonperishable food, as well as other necessities like toilet paper and diapers.

She uploaded a photo of her "LFP Pilot" to Facebook and, within a day, items were being donated and taken from the space. Her post was shared over and over—and the project soon had thousands of followers. Media outlets covered the story too. By the end of that summer, the concept had gone global, so McClard created a website *(littlefreepantry.org)* to help others kick-start projects in their own communities.

In 2017, Tyson Foods named McClard a Meals That Matter Hero and gave her a $40,000 grant to develop an interactive map of LFPs that would make it easier for those in need—and wanting to donate—to find one in their area. Today, there are over 1,700 LFPs across the country.

With an estimated 1 in 6 Americans (and 1 in 4 U.S. children) experiencing food insecurity during the pandemic, LFPs have helped fill in some of the gaps that even those who receive federal food assistance or visit food banks still face. Since last spring, McClard saw a 30% jump in the number of new LFPs. "When I talk to Little Free Pantry stewards across the country, many tell me that items put in their local pantries will be gone in 30 minutes," she says. They do have some advantages over brick-and-mortar food banks: LFPs are open 24/7 and they are anonymous, which can help community members feel more comfortable taking what they need.

McClard says that the LFP movement has inspired crowd-sourced solutions to help food-insecure neighbors beyond the wooden box too. "At the beginning of the pandemic, I saw teachers in Washington State pull a table right outside the front door of the school and place food donations on it. That's how they started their pantry," she says. "All you need is the will to make it happen. Lots of us doing a little work makes a difference." Because at the end of the day, what matters most isn't the size of the effort or what it looks like. It's neighbors helping neighbors.

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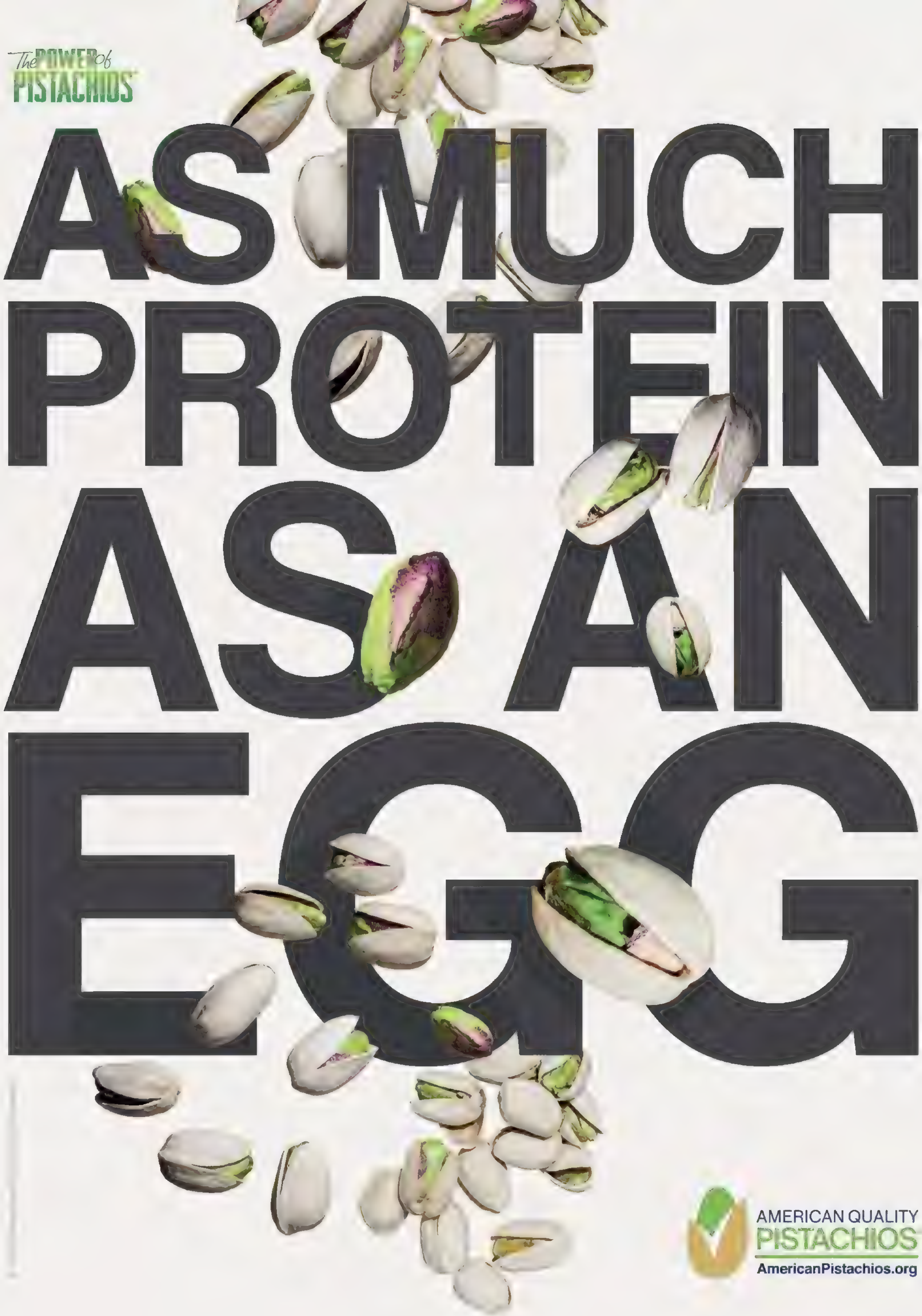

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The Whole (Grain) Truth

Unless you're eating wheat straight from the field, it's hard to know whether the foods you buy actually contain whole grains. We break down how to make sure you're getting a healthy dose.

By Brierley Horton, M.S., RD

First things first: what *are* whole grains?

All grains start out whole. Underneath an inedible shell, the seed or kernel of the plant is made up of three parts—the bran, germ and endosperm. The bran and germ contain fiber, antioxidants, B vitamins, protein and healthy fats, as well as minerals including folate and iron. The "meat" of the grain, the endosperm, serves as energy for the plant in the form of starchy carbohydrates. The mix of nutrients in these layers is what makes whole grains powerhouses of disease prevention, with greater intake linked to a lower risk of diabetes, some cancers and heart disease, as well as a healthy GI tract.

Whole grains can be consumed as is, of course (think: brown rice, farro, oats and popcorn), but often they're incorporated into foods, such as breakfast cereals and bread. And that's where it can get confusing, says researcher Yanni Papanikolaou, M.P.H., president of Nutritional Strategies, a consulting firm for the food industry.

Want to fit more whole grains into your day? Visit *eatingwell.com/grainguide* for our cooking tips.

LABELS vs. REALITY

Does it contain whole grains?

✓ **100% whole grain**
Contains no refined flour.

✓ **Made with whole grains**
It's made with some (but likely not all) whole grains.

✓ **Whole grain**
The FDA defines this as a product containing at least 51% whole-grain ingredients by weight.

✓ **Good source of whole grains**
This FDA-regulated term means it contains 15 to 25% whole grains.

✗ **Multigrain**
Contains more than one type of grain (but no guarantees they're whole).

✗ **Stone-ground**
Not an indicator of final grain type ratio.

✓ **Whole Grain Stamp**
The golden icon signals a product has at least 8 grams whole grains per serving (½ of a whole-grain serving). Stamps with "100%" or "50%" mean it contains mostly whole grains.

So, how do you know if a packaged food actually has whole grains in it?

Items like frozen waffles or crackers are considered to be "whole" when the bran, germ and endosperm are all present, says Kelly Toups, M.L.A., RD, LDN, director of nutrition at Oldways Whole Grains Council. "Refined" grains, on the other hand, are missing one or more of those three parts. (Many, like white flour, only contain the starchy endosperm.) "Enriched" grains are usually just refined grains with a few nutrients like iron added back in. And that's important, seeing as refined grains haven't been shown to have the same health benefits as whole—and may even have the opposite effect.

Product names and claims like "multigrain," "wheat" or "7 grain" can make you *think* a product contains whole grains, when many actually don't. In a 2020 study published in *Public Health Nutrition*, researchers asked more than 1,000 participants to try to decipher which bread, cereal and cracker options they were shown had more whole grains. Nearly half believed the mostly refined products had more whole grains than they did.

While some information on the package (like the Whole Grain Stamp, *see above*) can be helpful, the ingredients list is your best bet to find whole grains. "Look for products where whole grains are listed as one of the top two ingredients, paying special attention to the word 'whole' or 'whole grain' before the grain's name," advises Toups. And scan what comes after it too. Ingredients are listed from most to least, but companies can diversify where less-healthful things like added sugars come from so that whole grains appear toward the top of the list. Still in doubt? Check the Nutrition Facts panel and select a product where the fiber-to-carbohydrates ratio is more than 1-to-10 (that is, at least 1 gram of fiber for every 10 grams of carbs).

MAREN CARUSO/GETTY

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SPECIAL K

Who said doing something good for yourself had to be hard?

Do what's delicious.

Got Flyaways?

Tame them with ... a toothbrush! "Spray a little hairspray on it and brush over those unruly bits around your hairline," suggests Herbal Essences brand ambassador and celebrity hairstylist Bridget Brager.

Your Hair, Only Better

Sleek. Soft. Full of volume or defined curls. Whatever your wish, these products and advice will help you achieve it. **By Christina Vercelletto**

Color-Treated

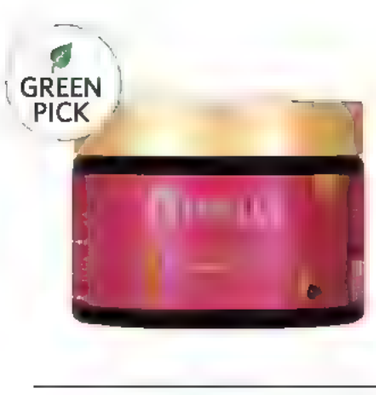
Olaplex No. 4 Bond Maintenance Shampoo

Dyeing breaks disulfide bonds in the layer of hair that contains pigment and provides strength—leaving it vulnerable to breakage and leaching color. That's why "choosing shampoo that's designed for color-treated hair is a must," says New York City celebrity hairstylist Adam Maclay. Enter Olaplex: an at-home incarnation of a famed salon treatment that bolsters disulfide bonds to lock in color and fortify weakened strands. *($28, Olaplex.com)*

Frizzy

John Frieda Frizz Ease Extra Strength

"A good leave-in serum is key for curly or wavy hair that's prone to frizz," says Gretchen Friese, BosleyMD's certified trichologist (a hair and scalp specialist). "That's because shampoos and conditioners get rinsed out, so only a portion of the beneficial ingredients are absorbed." This serum is the perfect consistency—not super light or weighty—which, if you've tried serums before, you know can be tough to find. *($12, Ulta.com)*



Coiled

Mielle Pomegranate & Honey Coil Sculpting Custard

"For my coiled and natural hair sisters, it's all about moisture," says Bridgette Hill, a Florida-based certified trichologist. "It's essential that we seal in and superficially build up moisture and lipids to aid in elasticity. We must not skimp on leave-ins." Mielle's divine-smelling gel, made with organic ingredients, does the trick—detangling and adding definition—as well as that must-have moisture. *($13, Target.com)*

Fine

OGX Extra Strength Biotin and Collagen Shampoo

This texturizing and thickening formula gives even the skinniest strands a big, beautiful boost, thanks to plumping wheat proteins and vitamin B_7 (aka biotin, which is often associated with healthier hair, skin and nails). Oh, and Hill has a smart trick for this type of hair: "Condition first, *then* shampoo." You'll still get some of the softening benefits of conditioning, minus the limpness it can cause. *($7, Walmart)*

ANDREAS KUEHN/GETTY IMAGES

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Doggone Chill

From soothing herbal supplements to CBD, we dig into the research on what helps calm stressed pets.
By Alison Ashton

Thunderstorms, fireworks and vacuums—oh my! When pets are faced with fearful situations, they react out of instinct. They're not able to acknowledge, or address, their stress like we can. And that's where you can help. While there's a range of tried-and-true treatment options out there—from prescription anxiety medications to exercise—a growing number of pet owners are turning to over-the-counter supplements. But can these pills really help your antsy animal chill out?

Well, there's not a whole lot of research to say that they can. Few controlled trials have assessed how effective common supplements like B vitamins, chamomile, melatonin or valerian root are at reducing stress in pets. Some small studies suggest that the amino acid L-theanine may help reduce anxiety symptoms like panting and drooling in response to loud noises, while those looking at L-tryptophan have found little benefit. Other popular treatments like CBD (aka cannabidiol, an active ingredient in marijuana and hemp that doesn't produce a high like THC) have almost no research supporting their use for pet anxiety. A small trial published last year in *Frontiers in Veterinary Science* found that supplementing with CBD for seven days had little impact on dogs' fear response to a fireworks-like noise (while the anti-anxiety prescription medication trazadone did help).

Still, many pet owners and vets alike swear by these products. Supplements containing ingredients like amino acids, B vitamins and melatonin are generally considered safe, and might help soothe stressed-out pets, says integrative veterinarian Carol Osborne, D.V.M., owner of Chagrin Falls Veterinary Center and Pet Clinic in Ohio. "They're kind of like having a glass of wine," she says. "They just take the edge off." However, she points out that what's effective for one pet might not be for another. Cailin Heinze, V.M.D., DACVN, a board-certified veterinary nutritionist, agrees, but likens them more to sipping chamomile tea versus taking an anti-anxiety med. "If these products work on your pet, the effect is likely going to be mild," she says.

Like anything else your pet might ingest, supplements—especially herbal remedies like St. John's wort—can have side effects and interact with other medications. That's why Osborne and Heinze both say you should check with your vet first. And opt for a supplement that is specifically formulated for pets and has been through some sort of regulated testing.

Remedies like these are best used temporarily—say, for the occasional car trip with a kitty that's a nervous traveler. Regular use could mask other sources of chronic stress, like digestive trouble, boredom, lack of exercise or something in their environment. As Osborne notes: "It's critical to treat the underlying cause, not just the symptom."

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Beyond Brushing

4 proven ways to keep your pearly whites in top shape. By Karen Ansel, M.S., RDN

Nearly a third of U.S. adults are dissatisfied with their oral health, according to the American Dental Association. Pain and discomfort from cavities, grinding, receding gums and bad breath can take a toll on nearly every aspect of our lives. "Oral health is essential for our well-being," says Benjamin W. Chaffee, D.D.S., M.P.H., Ph.D., an associate professor at the UCSF School of Dentistry in San Francisco. He notes that our mouths are windows into the health of our entire bodies—oral troubles, for example, can be an indicator of other conditions like diabetes. They also allow us to express ourselves and eat nutritious food. And regular brushing and flossing may not be enough. Add these simple strategies to your daily routine.

Steep This

Sipping unsweetened tea, especially green, black or oolong, could be even better than water at washing away cavity-causing bacteria, suggests a study published in the journal *Archives of Oral Biology*. "Tea is a natural source of fluoride and contains polyphenols, compounds that inhibit plaque bacteria and their ability to produce acid in the mouth," says Christine D. Wu, Ph.D., a professor of pediatric dentistry at the University of Illinois at Chicago College of Dentistry.

Ditch the E-Cigs

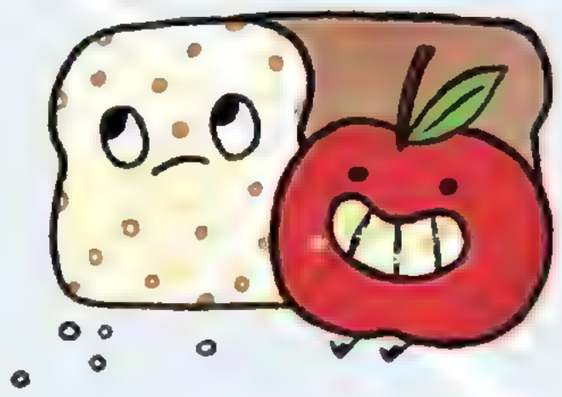
While vaping may be less dangerous for oral health than smoking, e-cigarettes still deliver toxins like nicotine that can reduce blood flow and impair the gums' natural healing process, says Chaffee. A recent study by University of Connecticut researchers found that e-cigarette users were 76% more likely to develop gum disease and 67% more prone to oral bone loss than people who had never vaped.

Opt for Fiber

Put down the breath mints. If you're one of the 25% of people who battle bad breath (aka halitosis), the foods you do—or don't—eat can make a big difference. A small Swiss study found that people who ate a high-fiber meal of wheat bread and an apple had significantly less halitosis for 2½ hours afterward than those who had a low-fiber meal of white bread and applesauce. High-fiber foods typically require more chewing, so researchers suspect they're better able to scrub away stinky bacteria lingering on your tongue and teeth.

Take Time to De-Stress

Easier said than done, sure. But chilling out can prevent tooth grinding and jaw clenching—and the pain, headaches and enamel wear they can cause, suggests a 2019 study of daytime grinders. (Fact: More people do this while *awake* than asleep.) Angelina R. Sutin, Ph.D., a professor of behavioral sciences and social medicine at Florida State College of Medicine, says using a journal to note what's going on in your life when you catch yourself clenching or grinding can help ID triggers.



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What are the best plant-based proteins? Hover your phone's camera over this code to get the scoop.

For a long time, it was thought that you couldn't recover properly from workouts and build muscle without meat in your diet. But new science shows otherwise. Here, sports dietitians spill the beans on what you need to know. **By Amanda Loudin**

It's no secret that interest in plant-based diets is booming. In fact, more than half of Americans are looking to curb their meat and dairy consumption and eat more produce, according to a recent survey from the Yale Program on Climate Change Communication. Yet many active people are concerned that going meatless (or almost meatless) won't give them enough of the quality protein they need to build muscle and recover from their workouts, says Natalie Rizzo, M.S., RD, a New York-based dietitian who specializes in vegan and vegetarian diets for athletes.

The good news: research suggests that plant-forward diets can be as effective—if not more so—at building strength and helping you get the best results from your efforts. Follow these tips to ensure you fuel your body right.

Mix up your protein sources

Our bodies need protein to help repair and build muscle. And it's true that animal proteins are the most efficient sources—they have more protein per gram and contain all nine essential amino acids in adequate amounts. But you can still meet your needs with plant-based proteins. The key: variety, says sports dietitian Angie Asche, M.S., RD, CSSD, owner of Eleat Sports Nutrition in Lincoln, Nebraska. Because plant proteins vary in their amino acid content, Asche recommends including lots of different nutritious sources—such as nuts, seeds, legumes and whole grains—in your day for the best recovery.

This doesn't mean that you need *more* protein than meat-eaters, though, notes Rizzo. The American College of Sports Medicine recommends that active people aim for at least half a gram of protein per pound of body weight a day, but sets the top of the range at 0.8 gram per pound. That's 75 to 120 grams for a 150-pound person, which adds up quickly considering that ½ cup chickpeas and 2 tablespoons of peanut butter each contain about 7 grams of protein.

Balance your recovery with carbs

After a tough workout, your body goes into recuperation mode for around 24 hours—replenishing stored carbohydrates and rebuilding muscles so you're ready for your next session. "Since your body can only use so much carbohydrate and protein at a time, the goal is to eat modest amounts of both at each meal and snack to aid in recovery," says Rizzo. That could mean a post-run nibble of a piece of fruit with some nut butter or a grain bowl filled with protein-rich bulgur wheat and veggies for lunch. Rizzo adds that including healthy sources of fats like oils, nuts and seeds can also ward off post-exercise inflammation—and the stiffness and soreness it can cause.

Mind the gaps

As you swap animal food sources for plants, there are a few important nutrients to be aware of. Regular workouts can deplete your stores of iron and lead to fatigue. Many plants contain non-heme iron, but it's not absorbed as well as the heme variety found in animals, explains Rizzo. Adding vitamin-C-rich foods like bell peppers and broccoli to meals can improve iron uptake. Other nutrients you may fall short on include vitamin B_{12}—it's only in animal foods, so you may consider taking a supplement—and calcium, which is in plants like soy, fortified cereals and green vegetables (think: kale, bok choy, spinach). Your muscles—heck, your whole body—will thank you.

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Table Talk with Molly Yeh

What happens when a city girl moves to her husband's family farm in rural Minnesota? A hit TV show, a lot of baking (sprinkles!) and two cookbooks. *EatingWell* talks with Molly Yeh about her love of bagels and being a mom. **By Lucy M. Clark**

Finish this sentence: To me, cooking is...
My favorite creative outlet. I love nothing more than decorating cakes—picking the perfect sprinkles, color palette and cookie cutouts to adorn them with. Cooking is also a window into other places, cultures and communities. And it's a way to connect to my Chinese and Jewish ancestry.

Is there a kitchen tool that you can't live without?
I love my kitchen scale because it eliminates most of the need to use measuring cups and that decreases the amount of dirty dishes! You also get more consistent results when you weigh things, especially with baking.

What's always in your fridge?
Greek yogurt, because no matter what dairy product I'm out of, I feel like Greek yogurt can always be a good stand-in.

Is there a food that says home to you?
I would say matzo brei. Growing up, my mom would make it for me, and when I moved from New York City to northern Minnesota, making it felt like bringing a little part of myself to this kitchen. It's so comforting.

What was your biggest adjustment transitioning from city life to farm life?
Learning how to live without a bagel place down the street! After months of ordering bagels online and keeping stashes in my freezer, I finally decided that I was going to learn how to make them. They require special high-gluten flour, which helps get bagels extra chewy ... so I had to track that down. It turns out, it comes from the type of wheat grown right in these fields. So, I basically live on a bagel farm!

What do you typically eat in a day?
Each day is different, especially if I'm in recipe-testing mode. [Which would be now. Yeh is testing recipes for the next season of her Food Network show, *Girl Meets Farm*, and her third cookbook.] A few days ago, I made a gigantic spread of dim sum! Today, I'm testing lasagnas. I try to maintain some sanity by just pairing whatever I'm eating with a salad. Sometimes I'm testing as many as 20 recipes a week!

How do you define healthy?
Healthy to me is very much a process. It's figuring out what makes me feel good and recognizing it can change over time. A few months ago I was doing a lot of HIIT workouts. I was exhausted all the time and began dreading them. So, I reassessed and started lifting weights instead. I'll probably get sick of that soon, too, but it's about listening to my body and striking balance when I can.

Mother's Day is coming up! What is your favorite thing about being a mom?
Seeing Bernie's [Yeh's 2-year-old daughter] smiling face every day. Whenever she gets excited about something—which is so often—whether it's Elmo [on TV] or building with blocks or reading books, I just love being in the presence of her joy.

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"I've been hearing a lot about raw milk. Is it really healthier than pasteurized?"

By Allison Salerno

As part of a pandemic-fueled surge in interest in local foods, demand for raw milk is on the rise. Because farmers usually sell their milk to larger companies for pasteurization and packaging, keeping their dairy on the farm can give them more control over profits. And for consumers, the allure is not just knowing where their milk comes from, but the claims that raw milk is more nutritious than pasteurized—and can boost the immune system and even prevent allergies and asthma in children. Some also say that because raw milk isn't pasteurized (which exposes milk to mild temps to remove pathogens) it also contains enzymes that make it easier for those with lactose intolerance to digest.

This all flies in the face of public health guidelines, including those from the Centers for Disease Control and Prevention, the U.S. Food and Drug Administration and the American Academy of Pediatrics, which dispute these benefits and are quick to point out that there are data-backed downsides to raw milk. The CDC reports that incidents of food poisoning from bacteria like *E. coli* and *Salmonella* in raw milk have been climbing and can be severe, especially for children, the elderly and those with compromised immune systems. And while proponents say it's rare for straight-from-the-source milk to make you sick, get this: even though raw milk accounts for only an estimated 1% of the milk Americans drink, the CDC says it still leads to more outbreaks than all the pasteurized milk that's consumed.

As for the health claims, a handful of recent research appears to lend credence to some of them. A large 2019 study found that drinking raw milk was linked to a lower risk of asthma, allergies and infections in children from rural areas. In another study of 983 rural European infants published in the *Journal of Allergy and Clinical Immunology*, those who drank raw milk had fewer common respiratory infections. However, all this research only shows an *association*—not cause and effect—so it's not known if it was the raw milk that conferred the benefits or something else, says Christopher Gardner, Ph.D., director of nutrition studies at the Stanford Prevention Research Center.

Research has also found pasteurization to have a relatively insignificant impact on vitamin and mineral content. And so far, claims that raw milk won't trigger side effects for those with lactose intolerance appear to be based on anecdotal accounts, adds Gardner, who oversaw a small, randomized trial that found no difference in lactose intolerance or symptom severity between the two milks.

States have the power to decide if and how raw milk is sold, and it's now possible to obtain it legally in most of them. Laws usually only allow raw milk to be purchased at the farm or a farmers' market, but in 12 states—including California and South Carolina—you can find it on retail shelves.

THE BOTTOM LINE: We know much more about the risks of drinking raw milk than the benefits, which is why many experts and public health agencies advise against it. If you do choose to buy unpasteurized milk, ask the farmer about their safety practices—things like cleanliness and bacteria testing—before drinking up.

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The Home Edit-ed Pantry

OK, we confess to being a *tad* obsessed with organization now, thanks to Clea Shearer and Joanna Teplin, co-founders of The Home Edit, a personal organizing company. They've worked their declutter genius for the likes of Reese Witherspoon and Eva Longoria. And now they're setting their sights on *your* pantry. Here, their 5 steps for total transformation. Prepare to get to work ... and be wowed. **By Lucy M. Clark**

STEP 1: Empty

"When organizing your pantry, you must remove everything from the shelves. This will give you a chance to check expiration dates and take stock of your items so you can decide on a containment system (see Step 3) that will work best for you." —*Clea*

STEP 2: Categorize

"First, group your items: Dinner, Breakfast, Snacks, Baking, Spices, etc., and then create a broad system of categories based on what you have. If you get too specific (snacks is fine, but crackers is too particular), your pantry will be harder to maintain—and unpacking groceries will become a nightmare." —*Joanna*

STEP 3: Contain

"Every pantry needs some sort of containment system. Figure out what belongs in bins and what deserves a canister or turntable. Here's what we recommend:

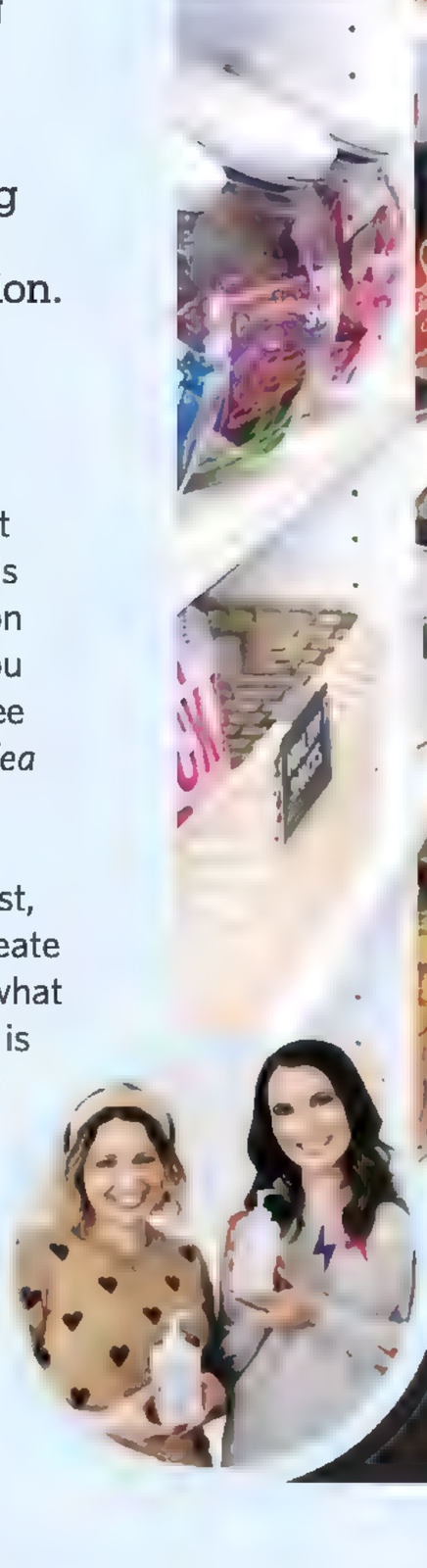
- "Your favorite nuts, dried fruit and dry ingredients are great canister candidates. Go for clear ones, so you can see your items and tell when you're running low.
- "Boxes of crackers, bags of chips, and cereal your children talked you into getting 'just this once' are better off in bins so they can be easily swapped out. Bins also create a larger containment system to ensure that every item has a home. For instance, 'Dinner' can hold everything from pastas and soups to taco shells.
- "Spices, canned goods, salad dressings, vinegars and condiments work best on turntables, which provide more accessibility to these items." —*Joanna*

STEP 4: Label

"Label everything—baskets, bins, containers! Labels are the key to long-term maintenance, and offer a road map to where things go. They also double as a reminder if you try to put something away where it doesn't belong." —*Clea*

STEP 5: Maintain

"Schedule mini-edits. Pantries are used on a daily basis, typically by multiple people. We recommend taking time out of your schedule every few months to check expiration dates and rework the organizational system if necessary." —*Joanna*



Joanna and Clea recently launched RUME, a line of gentle personal care products from hand soap and lotion to mini hand sanitizers and wipes (the latter two, they say, are in their handbags now at all times). RUME home cleaning products are on the horizon.

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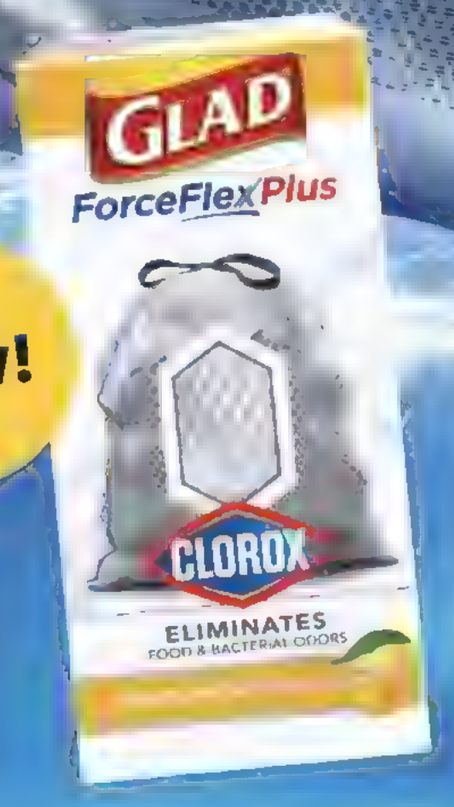

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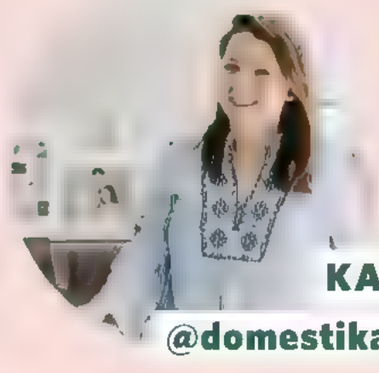

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Tarragon Curry Chicken Salad Tea Sandwiches

Everyone loves a bite-size sandwich with big-time flavor! Make these with new **Small Slice Oatnut Bread**—80 calories per slice, it's made with real ingredients and the same nutritious recipe you love.

3 cups shredded cooked chicken
⅓ cup dried cranberries
⅓ cup shredded carrots
⅓ cup sliced almonds
¼ cup minced fresh chives
1 teaspoon minced fresh tarragon
¼ cup Greek yogurt
¼ cup mayonnaise
1 tablespoon curry powder
Salt and pepper
Arnold, Oroweat or Brownberry Oatnut Small Slice Bread

1. In a large bowl, combine shredded chicken with dried cranberries, shredded carrots, sliced almonds, chives and tarragon.

2. Add Greek yogurt and mayonnaise to the mixture, and season with curry powder, salt and pepper. Mix together until well combined.

3. Chill the chicken salad for at least 20 minutes before assembling sandwiches on the bread. Cut the sandwiches into small triangles.

Servings: 4-6 sandwiches

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Savory Cheddar Waffles

A savory twist on a brunch classic, these waffles make the perfect base for an extra-special egg sandwich. Each batch is filled with the creamy flavor of **Kerrygold Reserve Cheddar**, made with milk from Irish grass-fed cows.

2 cups flour
1 tablespoon baking powder
1 teaspoon sugar
½ teaspoon salt
2 eggs
1½ cups whole milk
5 tablespoons Kerrygold butter, melted
½ cup shredded Kerrygold Reserve Cheddar
1 tablespoon minced mixed savory herbs
(your choice: rosemary, thyme, chives, scallions)
Additional Cheddar, cooked bacon and eggs, and desired toppings for assembling sandwiches

1. Preheat waffle iron to medium.

2. In a bowl, mix together flour, baking powder, sugar and salt.

3. Whisk eggs, milk and melted butter together and pour into the dry ingredients; whisk until the batter is combined. Fold in the shredded Cheddar and herbs of your choice.

4. Pour a heaping cup of the batter onto the hot waffle iron and cook until the waffles are cooked through and have a golden-brown hue.

5. Repeat until all of the batter is used. Assemble breakfast sandwiches using the warm waffles, additional melted Cheddar, cooked bacon and eggs, and any desired toppings.

Servings: 5-6 large waffles

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DINNER TONIGHT

That's a Wrap!

Peanut Chicken Lettuce Wraps, next page.

16 EASY HEALTHY RECIPES

Photography by Jason Donnelly

Styling by Kelsey Moyla & Sue Mitchell

OH, K!

This recipe packs almost half of your daily value of vitamin K. And that's good news, since a recent study from Tufts University found that getting enough of the vitamin may help you live longer.

Peanut Chicken Lettuce Wraps

ACTIVE: 40 min **TOTAL:** 55 min
EQUIPMENT: Electric pressure cooker

The sweet, anise-like flavor of Thai basil pairs well with the bold taste of the peanut sauce, but regular basil—or even mint or cilantro—works well too.

- 1½ pounds boneless, skinless chicken thighs, trimmed
- ½ cup water
- 2 tablespoons reduced-sodium tamari *or* soy sauce
- 2 large cloves garlic, grated
- 1 1-inch piece fresh ginger, grated
- ⅓ cup natural peanut butter
- 3 tablespoons honey
- 1 tablespoon lime juice, plus wedges for serving
- ⅓ cup unsalted peanuts, chopped
- ¼ cup chopped fresh basil, preferably Thai, plus more for garnish
- 8 large *or* 16 small butterhead lettuce leaves
- 1 medium mango, peeled and sliced
- 4 radishes, thinly sliced
- ½ cup shredded carrot

1. Combine chicken, water, tamari (or soy sauce), garlic and ginger in an electric pressure cooker. Close and lock the lid. Cook at high pressure for 9 minutes. Carefully release the pressure manually. Remove the chicken to a plate to cool.

2. Switch to Sauté mode. Boil the liquid remaining in the cooker until reduced by about half, about 8 minutes. Turn off the heat and whisk in peanut butter, honey and lime juice until smooth. Using two forks, shred the chicken. Mix the chicken, peanuts and basil into the sauce. Serve the chicken in lettuce leaves with mango, radishes, carrot, lime wedges and more basil, if desired.

SERVES 4: 2 large *or* 4 small lettuce wraps
Cal 497 **Fat** 23g (sat 5g) **Chol** 133mg **Carbs** 39g **Total sugars** 29g (added 14g) **Protein** 38g **Fiber** 4g **Sodium** 594mg **Potassium** 847mg.

For more lettuce wrap recipes, scan this code with your phone's camera.

RECIPE BY HILARY MEYER

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Apricot-Curry Glazed Chicken with Potatoes & Asparagus

ACTIVE: 15 min **TOTAL:** 45 min

Curry powder is a powerhouse ingredient because it combines a medley of flavorful spices—usually turmeric, fenugreek, coriander and peppers—all in one jar. Increase the heat in this dish by using a hot or red curry powder.

- **1¾ pounds bone-in chicken thighs, skin removed, trimmed**
- **¾ teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **12 ounces baby potatoes, halved**
- **4 teaspoons extra-virgin olive oil**
- **¼ cup apricot jam**
- **2 teaspoons mustard seeds, toasted**
- **1 teaspoon minced peeled fresh ginger**
- **1 teaspoon curry powder**
- **1 pound asparagus, trimmed**
- **¼ cup chopped fresh cilantro**
- **Lime wedges for serving**

1. Preheat oven to 450°F.

2. Arrange chicken on a large rimmed baking sheet. Sprinkle with ¼ teaspoon salt and pepper. Toss potatoes with 2 teaspoons oil and ¼ teaspoon salt in a medium bowl. Spread around the chicken. Roast for 15 minutes.

3. Meanwhile, combine jam, mustard seeds, ginger and curry powder in a small bowl. Toss asparagus with the remaining 2 teaspoons oil and ¼ teaspoon salt in the medium bowl.

4. After the first 15 minutes of roasting, stir the potatoes and add the asparagus to the pan in a single layer. Top the chicken with the jam mixture. Continue roasting until the vegetables are tender and an instant-read thermometer inserted in the thickest part of the chicken without touching bone registers 165°F, 15 to 18 minutes more. Sprinkle the chicken and vegetables with cilantro and serve with lime wedges, if desired.

SERVES 4: 3 oz. chicken & ¾ cup vegetables each **Cal** 382 **Fat** 15g (sat 3g) **Chol** 151mg **Carbs** 29g **Total sugars** 9g (added 8g) **Protein** 32g **Fiber** 3g **Sodium** 564mg **Potassium** 455mg.

RECIPE BY HILARY MEYER

Parmesan-Crusted Cauliflower with White Beans & Tomatoes

ACTIVE: 35 min **TOTAL:** 55 min

A generous amount of cooking spray helps the panko breadcrumb coating on these cauliflower steaks get nice and crisp.

- **Olive oil cooking spray**
- **2 medium heads cauliflower (about 1½ pounds each)**
- **3 tablespoons cornstarch**
- **2 large eggs**
- **⅛ teaspoon salt plus a pinch, divided**
- **1 cup panko breadcrumbs, preferably whole-wheat**
- **⅓ cup grated Parmesan cheese**
- **½ teaspoon ground pepper**
- **3 tablespoons extra-virgin olive oil**
- **1 pint cherry tomatoes**
- **1 cup dry white wine**
- **1 15-ounce can no-salt-added white beans, rinsed**
- **2 large cloves garlic, chopped**
- **2 tablespoons chopped fresh herbs, such as thyme, sage, rosemary *and/or* parsley**
- **¼ teaspoon crushed red pepper**

1. Preheat oven to 400°F. Generously coat a baking sheet with cooking spray.

2. Remove any leaves from cauliflower, but leave stems intact. With the heads stem-side up, use a large chef's knife to cut each through the stem into 2 equal halves. Cut a 1-inch-thick slice from each half. (Reserve the remaining cauliflower for another use.)

3. Place cornstarch in a shallow dish. Lightly beat eggs with ⅛ teaspoon salt in another shallow dish. Combine panko, Parmesan and pepper in a third shallow dish. Dredge each cauliflower steak in the cornstarch, shaking off any excess. Dip in the egg and let any excess drip off. Coat with the panko mixture. Place on the prepared pan. Generously coat both sides of the cauliflower with cooking spray.

4. Bake, flipping the cauliflower and rotating the pan from front to back halfway through, until the cauliflower is tender and the coating is crispy, 45 to 55 minutes.

5. Meanwhile, heat oil in a large skillet over medium-high heat. Add tomatoes and cook, stirring occasionally, until they just start to burst, about 3 minutes. Add wine and cook until reduced by half, about 2 minutes. Stir in beans, garlic, herbs, crushed red pepper and the remaining pinch of salt. Remove from heat and cover to keep warm.

6. Serve the tomato ragout with the cauliflower.

SERVES 4: 1 cauliflower steak & ¾ cup ragout each
Cal 395 **Fat** 15g (sat 3g) **Chol** 59mg **Carbs** 48g **Total sugars** 8g (added 0g) **Protein** 17g **Fiber** 12g **Sodium** 522mg **Potassium** 1,236mg.

WINE PAIRING

The 2018 Badia a Coltibuono Chianti Classico, Tuscany, Italy ($18), is lighter than typical Chiantis, making it a perfect pairing with the tomatoes and cauliflower in this vegetarian dish.

RECIPE BY BRIANA KILLEEN

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Crispy Buttermilk Chicken Tenders with Snap Pea Slaw

ACTIVE: 40 min **TOTAL:** 40 min

Don't have buttermilk on hand? Make a substitute by mixing the equivalent amount of milk with 1 tablespoon of lemon juice or white vinegar.

- **1 cup buttermilk plus 2 tablespoons, divided**
- **1 teaspoon garlic powder**
- **1 teaspoon ground pepper, divided**
- **1 teaspoon salt, divided**
- **1 pound chicken tenders**
- **¼ cup reduced-fat mayonnaise**
- **3 tablespoons chopped fresh tarragon *and/or* dill**
- **¾ teaspoon celery seed**
- **3 cups sugar snap peas (about 9 ounces), trimmed and thinly sliced**
- **1 cup shredded cabbage**
- **1 cup julienned carrot**
- **¾ cup panko breadcrumbs, preferably whole-wheat**
- **¼ cup fine cornmeal**
- **3 tablespoons peanut *or* canola oil**

1. Combine 1 cup buttermilk, garlic powder, ¾ teaspoon pepper and ½ teaspoon salt in a shallow dish. Add chicken, turn to coat and let marinate for 15 minutes.

2. Meanwhile, whisk mayonnaise, tarragon (and/or dill) and celery seed with the remaining 2 tablespoons buttermilk, ¼ teaspoon pepper and ½ teaspoon salt in a large bowl. Stir in snap peas, cabbage and carrot. Set aside.

3. Combine panko and cornmeal in a shallow dish. Remove the chicken from the marinade (discard the marinade) and coat with the panko mixture.

4. Heat oil in a large nonstick skillet over medium-high heat until shimmering. Add the chicken and cook until browned on the bottom, 3 to 5 minutes. Reduce heat to medium, flip the chicken and cook until browned and an instant-read thermometer inserted in the thickest part registers 165°F, 5 to 7 minutes more. Serve the chicken with the reserved snap pea slaw.

SERVES 4: 3 oz. chicken & 1 cup slaw each
Cal 398 **Fat** 23g (sat 4g) **Chol** 68mg **Carbs** 20g **Total sugars** 5g (added 0g) **Protein** 27g **Fiber** 3g **Sodium** 644mg **Potassium** 484mg.

RECIPE BY BREANA KILLEEN

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A FOLD OVER SO "A" MEETS "B" B

Seared Cod with Radish & Lentil Salad

ACTIVE: 35 min **TOTAL:** 45 min

A whole-grain mustard vinaigrette adds a pop of tangy flavor to this simply cooked piece of fish.

- **3 cups low-sodium no-chicken *or* chicken broth**
- **1 cup dried black lentils *(see Tip)*, picked over and rinsed**
- **3 tablespoons red-wine vinegar**
- **2 teaspoons whole-grain mustard**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **6 tablespoons extra-virgin olive oil, divided**
- **½ cup chopped pecans, toasted**
- **½ cup thinly sliced radishes**
- **1 medium shallot, thinly sliced**
- **2 tablespoons chopped fresh mint, plus more for garnish**
- **2 tablespoon chopped fresh parsley, plus more for garnish**
- **1¼ pounds cod fillet, cut into 4 portions**
- **¼ cup cornstarch**

1. Combine broth and lentils in a small saucepan. Bring to a boil, then reduce heat to maintain a low simmer. Cover and cook until the lentils are tender, 15 to 20 minutes. Remove from heat and drain any remaining broth.

2. Meanwhile, whisk vinegar, mustard and ¼ teaspoon each salt and pepper in a medium bowl. Slowly whisk in 4 tablespoons oil. Reserve 2 tablespoons vinaigrette in a small bowl.

3. Add the lentils, pecans, radishes, shallot, mint, parsley and ¼ teaspoon salt to the dressing in the medium bowl and stir to combine.

4. Pat cod dry and sprinkle with the remaining ¼ teaspoon each salt and pepper. Dredge the cod in cornstarch, pressing to adhere and gently shaking off any excess. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the cod and cook, flipping once, until it's golden brown and flakes easily with a fork, 8 to 12 minutes.

5. Serve the lentil salad topped with the cod and drizzled with the reserved 2 tablespoons vinaigrette. Garnish with more parsley and mint, if desired.

SERVES 4: 4 oz. cod & ¾ cup salad each
Cal 561 **Fat** 32g (sat 4g) **Chol** 54mg **Carbs** 32g **Total sugars** 4g (added 0g) **Protein** 33g **Fiber** 6g **Sodium** 688mg **Potassium** 394mg.

LOVE FOR LEGUMES

Also known as Beluga lentils, these round black lentils have a firmer bite and hold their shape better than other varieties when cooked. You can find them with dried beans in well-stocked grocery stores or online. French green lentils work well in their place.

ILLUSTRATION BY EMMA DIBBEN, RECIPE BY ADAM DOLGE

Blackened Chicken with Chopped Salad

ACTIVE: 25 min **TOTAL:** 25 min

In this spin on blackening, we coat chicken with spices common to Cajun cooking, like dried thyme and cayenne pepper. Then, instead of using the traditional method of searing in a cast-iron pan, we take advantage of the warmer weather by grilling outside.

- 1½ tablespoons paprika
- 1½ teaspoons garlic powder, divided
- ¾ teaspoon ground pepper, divided
- ½ teaspoon salt plus a pinch, divided
- ½ teaspoon dried thyme
- ¼ teaspoon cayenne pepper
- 1 pound chicken cutlets
- 4 tablespoons grated Parmesan cheese, divided
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons mayonnaise
- 8 cups chopped butter lettuce
- 1 cup cherry tomatoes, halved or quartered if large

1. Preheat grill to medium-high.

2. Combine paprika, 1 teaspoon garlic powder, ½ teaspoon each pepper and salt, thyme and cayenne in a medium bowl. Add chicken and toss to coat.

3. Oil the grill rack. Grill the chicken, flipping once, until an instant-read thermometer inserted in the thickest part registers 165°F, about 6 minutes. Transfer to a clean cutting board. Let rest for 5 minutes, then slice.

4. Meanwhile, whisk 2 tablespoons Parmesan, lemon juice, oil and mayonnaise with the remaining ½ teaspoon garlic powder, ¼ teaspoon ground pepper and pinch of salt in a large bowl. Add lettuce and tomatoes and toss to coat. Top the salad with the chicken and the remaining 2 tablespoons Parmesan.

SERVES 4: 3 oz. chicken & 1½ cups salad each
Cal 307 **Fat** 17g (sat 3g) **Chol** 90mg **Carbs** 9g **Total sugars** 4g (added 0g) **Protein** 29g **Fiber** 3g **Sodium** 523mg **Potassium** 552mg.

RECIPE BY HILARY MEYER

WINE PAIRING

The unoaked 2019 Domaine de Bernier Chardonnay, Loire Valley, France ($9), has enough body to hold up to the creamy salad.

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Pork Chops with Cherry, Watercress & Farro Salad

ACTIVE: 25 min **TOTAL:** 40 min

Most farro sold in stores is pearled, meaning the bran is removed and it therefore has a little less fiber—but it still brings 2 grams per serving to this dish. It cooks quicker than harder-to-find whole farro, so be sure to double-check the cooking time on the package.

- **2½ cups water**
- **¾ cup farro**
- **3 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons red-wine vinegar**
- **1 tablespoon minced shallot**
- **1 teaspoon Dijon mustard**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 pound thin-cut boneless pork chops**
- **½ teaspoon garlic powder**
- **½ teaspoon smoked paprika**
- **4 cups watercress, tough stems removed, coarsely chopped**
- **1 cup fresh sweet cherries, pitted and halved**

1. Combine water and farro in a medium saucepan and bring to a boil. Stir and adjust heat to maintain a simmer; cook, uncovered, until the farro is tender, about 30 minutes (or according to package directions). Drain and rinse.

2. Meanwhile, whisk 2 tablespoons oil, vinegar, shallot, mustard and ¼ teaspoon each salt and pepper in a medium bowl.

3. Sprinkle pork chops with garlic powder, paprika and the remaining ½ teaspoon salt and ¼ teaspoon pepper. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the pork chops and cook, flipping once, until browned and an instant-read thermometer inserted in the thickest part registers 145°F, 6 to 8 minutes.

4. Add the farro, watercress and cherries to the dressing and toss to coat. Serve with the pork chops.

SERVES 4: 3 oz. pork & 1 cup salad each
Cal 340 **Fat** 15g (sat 3g) **Chol** 50mg **Carbs** 30g **Total sugars** 5g (added 0g) **Protein** 21g **Fiber** 3g **Sodium** 532mg **Potassium** 390mg.

RECIPE BY HILARY MEYER

WINE PAIRING

The cherry notes of the light, juicy red 2018 Berger Zweigelt, Austria ($17), complement the fruit. Pop the bottle in the fridge 30 minutes before pouring—a quick chill brings out the freshness in young wine.

Mushroom Ragout with Herbed Ricotta & Pappardelle

ACTIVE: 30 min **TOTAL:** 30 min

Dollops of ricotta cut through the acidity of the tomato-based sauce on this pasta for a balanced flavor and creamy texture.

- **3 tablespoons extra-virgin olive oil**
- **1 pound mixed mushrooms, such as maitake, shiitake, oyster *and/or* cremini, trimmed and halved**
- **1 medium onion, chopped**
- **3 cloves garlic, grated, divided**
- **1 teaspoon chopped fresh thyme**
- **1 tablespoon tomato paste**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper, divided**
- **¼ cup dry white wine**
- **1 15-ounce can no-salt-added diced tomatoes**
- **½ cup part-skim ricotta cheese**
- **¼ cup chopped fresh herbs, such as tarragon *and/or* parsley, plus more for garnish**
- **8 ounces pappardelle pasta, preferably whole-wheat**

1. Put a large pot of water on to boil.

2. Heat oil in a large skillet over medium-high heat. Add mushrooms and cook, stirring once, until browned, about 4 minutes. Add onion, two-thirds of the garlic and thyme; cook, stirring occasionally, until the onion is translucent, about 3 minutes. Add tomato paste, salt and ¼ teaspoon pepper and cook, stirring, for 1 minute. Stir in wine and tomatoes and bring to a simmer. Cover and cook for 5 minutes.

3. Meanwhile, combine ricotta, herbs, the remaining garlic and ¼ teaspoon pepper in a small bowl.

4. Cook pasta in the boiling water according to package directions. Using tongs or a slotted spoon, transfer the pasta directly to the skillet, allowing some of the pasta-cooking water to drip into the pan. Cook, stirring, until the pasta is coated with the sauce, about 1 minute. Serve the pasta topped with the ricotta mixture and more herbs, if desired.

SERVES 4: 1½ cups each

Cal 432 **Fat** 15g (sat 3g) **Chol** 40mg **Carbs** 56g **Total sugars** 8g (added 0g) **Protein** 16g **Fiber** 5g **Sodium** 503mg **Potassium** 623mg.

RECIPE BY ADAM DOLGE

MIGHTY MUSHROOMS

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MADS BERG
Original artwork by Mads Berg

Scallops & Spring Vegetables with Olive-Caper Pan Sauce

ACTIVE: 20 min **TOTAL:** 20 min

Petite carrots are harvested before they reach full maturity, making them thin and quick-cooking. Now is the perfect time of year to snatch some up from the farmers' market.

- **2 tablespoons extra-virgin olive oil, divided**
- **8 ounces dry sea scallops, tough side muscle removed**
- **Pinch of ground pepper**
- **8 ounces asparagus (½ bunch), trimmed**
- **6 ounces petite carrots, trimmed *or* baby carrots, halved lengthwise**
- **1 medium shallot, minced**
- **5 pitted Castelvetrano olives, coarsely chopped**
- **1 tablespoon capers, rinsed and chopped**
- **1 clove garlic, minced**
- **¼ cup dry white wine**
- **1 tablespoon butter**
- **Chopped fresh parsley for garnish**

1. Heat 1 tablespoon oil in a medium nonstick skillet over medium-high heat. Pat scallops dry and sprinkle with pepper. Add the scallops to the pan and cook, flipping once, until browned and just cooked through, 1½ to 2 minutes per side. Transfer to a plate.

2. Add the remaining 1 tablespoon oil, asparagus and carrots to the pan and cook, stirring frequently, until tender-crisp, 2 to 3 minutes. Add shallot, olives, capers and garlic and cook until fragrant, about 1 minute. Add wine and cook for 1 minute. Remove from heat and add butter; stir until melted. Serve with the scallops, sprinkled with parsley, if desired.

SERVES 2: 3 oz. scallops & 1 cup vegetables each
Cal 384 **Fat** 22g (sat 6g) **Chol** 42mg **Carbs** 24g **Total sugars** 9g (added 0g) **Protein** 18g **Fiber** 6g **Sodium** 750mg **Potassium** 856mg.

JUST FOR TWO

Round out this special date-night-at-home meal with a loaf of good crusty bread and a bottle of the 2019 Amayna Sauvignon Blanc, Leyda Valley, Chile ($25). The vineyard's proximity to the ocean means the wine has a slight salinity to it, which complements the shellfish, capers and olives.

RECIPE BY ADAM DOLGE

Grilled Shrimp Tostadas

ACTIVE: 20 min **TOTAL:** 20 min

EQUIPMENT: Four 12-inch metal skewers

Skewering the shrimp prevents them from falling through the grates while getting even char on each side. If you have a grill basket, you can throw them in that instead; just make sure to get them into a single layer so they don't steam.

- **1 pound peeled and deveined raw shrimp (21-25 count)**
- **2 tablespoons extra-virgin olive oil, divided**
- **2 teaspoons chile-lime seasoning, such as Tajín**
- **1 teaspoon garlic powder**
- **8 corn tortillas**
- **2 cups shredded cabbage**
- **1 cup guacamole**
- **1-2 jalapeño peppers, sliced**
- **1 cup chopped fresh cilantro**
- **Crumbled cotija cheese & sour cream for serving**

1. Preheat grill to medium-high.

2. Toss shrimp with 1 tablespoon oil, chile-lime seasoning and garlic powder in a large bowl. Thread onto four 12-inch metal skewers. Brush both sides of each tortilla with the remaining 1 tablespoon oil.

3. Grill the shrimp until lightly browned and cooked through, flipping once, about 4 minutes. Grill the tortillas until lightly charred and crispy, flipping once, about 2 minutes.

4. Top the tortillas with cabbage, guacamole, jalapeño and the grilled shrimp. Sprinkle with cilantro and serve with cotija and sour cream, if desired.

SERVES 4: 2 tostadas each

Cal 364 **Fat** 17g (sat 3g) **Chol** 183mg **Carbs** 28g **Total sugars** 2g (added 0g) **Protein** 27g **Fiber** 7g **Sodium** 629mg **Potassium** 739mg.

BEER PAIRING

Jack's Abby Post Shift Pilsner from Massachusetts ($8/4-pack) has a crisp, clean finish that stands up to the spicy elements in this dish.

RECIPE BY DEVON O'BRIEN

Lemon-Garlic Steak & Green Beans

ACTIVE: 20 min **TOTAL:** 20 min

Here, we cook green beans in the same pan used to sear the spiced steak. All those delicious drippings add richness to the beans—plus there's one less pan to wash!

- **1 tablespoon grapeseed *or* canola oil**
- **3 cloves garlic, grated, divided**
- **1 teaspoon paprika**
- **½ teaspoon chili powder**
- **½ teaspoon salt, divided**
- **1 pound boneless strip steak, trimmed**
- **2 tablespoons lemon juice**
- **2 tablespoons water**
- **1 pound green beans, trimmed**

1. Combine oil, half the garlic, paprika, chili powder and ¼ teaspoon salt in a small bowl. Rub the mixture on steak. Heat a large skillet over medium heat. Add the steak and cook, flipping occasionally and adjusting the heat as necessary to prevent smoking, until an instant-read thermometer inserted in the thickest part registers 135°F for medium-rare, 10 to 12 minutes. Transfer to a clean cutting board and let rest.

2. Add lemon juice and water to the pan and scrape up any browned bits. Stir in green beans, the remaining garlic and ¼ teaspoon salt. Cover and cook until the beans are tender-crisp, about 5 minutes more.

3. Slice the steak against the grain and serve with the green beans.

SERVES 4: 3 oz. steak & ¾ cup green beans each
Cal 215 **Fat** 9g (sat 2g) **Chol** 61mg **Carbs** 10g **Total sugars** 4g (added 0g) **Protein** 24g **Fiber** 3g **Sodium** 354mg **Potassium** 555mg.

LEAN CUTS

For a steak that's deliciously tender, flavorful and not too fatty, we reach for strip (also known as New York strip or shell steak). It has less than half the saturated fat of a rib-eye but is more tender than leaner sirloin.

RECIPE BY DEVON O'BRIEN

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Hetty McKinnon's book *To Asia, With Love* showcases the food and flavors she grew up with in a Cantonese family. The recipes aren't strictly Chinese, but are inspired by food rooted in Asia with twists from McKinnon's experiences as a Chinese girl born in Australia and now living in Brooklyn. A key tenet of her cooking is making dishes packed with flavor using just a few everyday ingredients. These inventive crispy tofu bites are a great example.

Crispy Tofu & Cilantro Balls

ACTIVE: 55 min **TOTAL:** 55 min
EQUIPMENT: Thermometer

While eating fried tofu balls at Hong Kong's Kung Tak Lam Shanghai Vegetarian Cuisine restaurant, Hetty McKinnon was transported back to a childhood memory of eating something similar. Inspired by the experience, she created this version with cilantro and five-spice powder, a happy marriage of aromatic flavors. Potato starch gives the tofu balls a nice crispy finish.

- **3 cups canola *or* sunflower oil for frying**
- **1 14- to 16-ounce package extra-firm tofu, well drained and patted dry**
- **2 large eggs, lightly beaten**
- **½ cup fresh cilantro, finely chopped**
- **2 scallions, finely chopped**
- **1 tablespoon finely chopped peeled fresh ginger**
- **1 teaspoon five-spice powder, divided**
- **½ cup potato starch *or* cornstarch**
- **½ teaspoon salt**
- **¼ teaspoon ground white pepper**
- **½ cup mayonnaise**
- **1 teaspoon Sriracha *or* chile-garlic sauce**
- **1 clove garlic, grated**
- **Lemon wedges for serving**

1. Heat oil in a small saucepan over medium-high heat until it reaches 350°F.
2. Meanwhile, mash tofu with a fork in a large bowl. Add eggs, cilantro, scallions, ginger and ½ teaspoon five-spice powder; mix until well combined. Stir in potato starch (or cornstarch) and season with salt and pepper. Shape into 15 golf-ball-size balls.
3. Combine mayonnaise, Sriracha (or chile-garlic sauce), garlic and the remaining ½ teaspoon five-spice powder in a small bowl.
4. Carefully add 3 of the tofu balls to the oil. Fry, turning regularly, until golden brown, 5 to 7 minutes. Remove with a slotted spoon to a paper-towel-lined plate. Repeat with the remaining tofu balls, letting the oil come back to 350° between batches. Serve the tofu balls with the sauce and lemon wedges, if desired.

SERVES 5: 3 tofu balls & 1½ Tbsp. sauce each
Cal 416 **Fat** 32g (sat 4g) **Chol** 84mg **Carbs** 21g **Total sugars** 1g (added 0g) **Protein** 11g **Fiber** 2g **Sodium** 434mg **Potassium** 84mg.

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Mixed Greens with Carrot-Ginger Dressing

ACTIVE: 10 min **TOTAL:** 10 min

TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 5 days.

This dressing is based on the one served at the Japanese steakhouse chain Benihana. It holds well, so make a double batch to have on hand for salads throughout the week.

- **1 cup chopped carrots**
- **2 tablespoons lime juice**
- **2 tablespoons rice vinegar**
- **1 tablespoon grated fresh ginger**
- **1 tablespoon ketchup**
- **1 tablespoon pure maple syrup**
- **1 tablespoon water**
- **1½ teaspoons reduced-sodium tamari *or* soy sauce**
- **¼ teaspoon salt**
- **¼ cup grapeseed oil**
- **8 cups mixed salad greens**
- **4 cups shredded red cabbage**

1. Combine carrots, lime juice, vinegar, ginger, ketchup, maple syrup, water, tamari (or soy sauce) and salt in a blender. Pulse until finely chopped. With the motor running, slowly drizzle in oil and blend until smooth.

2. Place greens and cabbage in a large bowl. Add the dressing and toss.

SERVES 4: 2 cups each

Cal 191 **Fat** 14g (sat 1g) **Chol** 0mg **Carbs** 16g **Total sugars** 8g (added 4g) **Protein** 2g **Fiber** 5g **Sodium** 327mg **Potassium** 200mg.

Arugula & Potato Salad with Herbs

ACTIVE: 15 min **TOTAL:** 55 min

Capers and mustard add tanginess to this creamy salad, while chives, dill and parsley add fresh flavor and a splash of color.

- **1½ pounds baby potatoes, halved**
- **¼ cup mayonnaise**
- **¼ cup nonfat plain Greek yogurt**
- **2 tablespoons lemon juice**
- **1 tablespoon Dijon mustard**
- **1 tablespoon capers, rinsed and chopped**
- **2 tablespoons chopped fresh chives**
- **1 tablespoon chopped fresh dill, plus more for garnish**
- **1 tablespoon chopped fresh parsley**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 cups packed baby arugula**

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cover and cook until tender, about 15 minutes. Transfer to a baking sheet to cool completely, about 30 minutes.

2. Meanwhile, whisk mayonnaise, yogurt, lemon juice, mustard, capers, chives, dill, parsley, salt and pepper in a large bowl.

3. Add the potatoes to the dressing and toss to coat. Add arugula and gently toss again. Garnish with more dill, if desired.

SERVES 6: 1 cup each

Cal 168 **Fat** 7g (sat 1g) **Chol** 4mg **Carbs** 23g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 2g **Sodium** 359mg **Potassium** 428mg.

RECIPES BY ADAM DOLGE, RACHEL STEARNS

Boil No More

Here's why you should steam eggs and leave hard-boiling behind. **By Joy Howard**

Steamed eggs tend to peel more easily because adding eggs directly into hot steam starts cooking the white immediately. This causes the white to shrink and prevents it from adhering to the membrane between it and the shell. You also get more consistent results than if you drop eggs into boiling water. The difference is that steam is hotter than water so the heat penetrates the eggs more gently, resulting in more tender whites and creamier yolks. Other benefits: steaming won't crack the shells and it's a lot faster to bring 1 inch of water to a boil versus a whole potful.

JOE SAYS

I love steaming a big batch of eggs to have on hand for meals and snacks throughout the week.

Roasted Salmon & Asparagus with Sauce Gribiche

ACTIVE: 30 min **TOTAL:** 35 min

Gribiche is a classic French sauce made with pantry items including capers, cornichons and Dijon mustard, plus fresh parsley and hard-boiled eggs. It's often served with cold meats or vegetables, but here we pair it with roasted fish and asparagus for a bright and acidic burst of flavor.

- 2 large eggs
- 1¼ pounds salmon fillet, cut into 4 portions
- 6 tablespoons extra-virgin olive oil, divided
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- 2 pounds asparagus, trimmed
- 2 tablespoons white-wine vinegar
- 4 teaspoons chopped fresh parsley
- 2 teaspoons capers, rinsed and finely chopped
- 2 cornichons, finely chopped
- 2 teaspoons Dijon mustard

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Line a baking sheet with foil.

2. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Carefully add eggs, cover and steam for 10 minutes. Immediately transfer to a large bowl of ice water.

3. KIDS DO Meanwhile, place salmon on the prepared baking sheet. Brush with 2 teaspoons oil and sprinkle with ¼ teaspoon pepper and ⅛ teaspoon salt. Toss asparagus with 1 teaspoon oil on another rimmed baking sheet. Roast the salmon on the upper rack until cooked through and the center is opaque, 8 to 12 minutes, depending on thickness. Roast the asparagus on the lower rack until bright green and tender-crisp, about 8 minutes.

4. KIDS DO Peel the eggs and place in a medium bowl. Coarsely mash with a potato masher or fork. Stir in vinegar, parsley, capers, cornichons and mustard along with the remaining 5 tablespoons oil, ¼ teaspoon pepper and ⅛ teaspoon salt. Serve the salmon and asparagus with the sauce.

SERVES 4: 4 oz. salmon, 1 cup asparagus & 2 Tbsp. sauce each

Cal 422 **Fat** 29g (sat 5g) **Chol** 159mg **Carbs** 6g **Total sugars** 2g (added 0g) **Protein** 34g **Fiber** 3g **Sodium** 364mg **Potassium** 826mg

INSET: JOE ST. PIERRE

Leek & Goat Cheese Spanish Tortilla

ACTIVE: 35 min **TOTAL:** 55 min

This Spanish omelet is traditionally made by braising potatoes in lots of oil. We cut the calories and speed things up by cooking them in just a few tablespoons instead. A sprinkle of crumbled goat cheese on top adds nice tanginess.

- **4 tablespoons extra-virgin olive oil, divided**
- **2 medium yellow potatoes, halved and thinly sliced**
- **1 medium leek, white and pale green parts only, thinly sliced and rinsed well**
- **1 clove garlic, grated**
- **1 tablespoon chopped fresh sage**
- **1 teaspoon chopped fresh thyme, plus sprigs for garnish**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **8 large eggs**
- **½ cup crumbled goat cheese**

1. Heat 3 tablespoons oil in a medium nonstick skillet over medium-low heat. Add potatoes and leek and cook, stirring occasionally, for 10 minutes. Cover and cook until the potatoes are tender, 15 to 18 minutes more. Stir in garlic, sage, thyme and ¼ teaspoon each salt and pepper; cook, stirring, for 1 minute.

2. Whisk eggs with the remaining ¼ teaspoon each salt and pepper. Add to the pan and gently stir to combine. Gently shake the pan to create an even layer. Cook until the eggs are lightly browned on the bottom and the top is just starting to set, 5 to 7 minutes.

3. To flip, run a spatula around the edges to release the tortilla. Invert a plate on top and, carefully holding it with one hand and the pan handle with the other hand, flip the tortilla onto the plate.

4. Add the remaining 1 tablespoon oil to the pan and slide the tortilla back in. Place over medium-low heat and cook until the bottom is lightly browned, about 5 minutes. Slide the tortilla onto a clean plate. Let stand for 10 minutes. Serve sprinkled with goat cheese and thyme sprigs, if desired.

SERVES 4: ¼ tortilla each

Cal 429 **Fat** 27g (sat 7g) **Chol** 379mg **Carbs** 31g **Total sugars** 3g (added 0g) **Protein** 18g **Fiber** 3g **Sodium** 549mg **Potassium** 192mg.

JACOB FOX; RECIPE BY ADAM DOLGE

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Morning Glories

We're suckers for breakfast sandwiches. But for those days when you want this fresh take on the classic, you've come to the right place. It comes together in minutes with just a few ingredients. Flip the page for more simple, delicious ideas.

Photos by Ted & Chelsea Cavanaugh

Styling by Nora Singley

CALIFORNIA-STYLE

everything bagel thin

red onion

fried egg

sprouts

avocado

Monterey Jack cheese

garlic mayo

How to Build a Better Breakfast Sandwich

The formula is simple: Pick a whole-grain bread (or hash brown!), add cheese, veg and other toppings and then, of course, put an egg on it. You've got this.

By Breana Killeen, M.P.H., RD

SMOKED SALMON, EGG & PICKLED BEET BAGEL

pumpernickel bagel thin
+
smoked salmon
+
cream cheese
+
cucumber
+
pickled beets
+
hard-boiled egg
+
fresh dill

PIMIENTO CHEESE & EGG ENGLISH MUFFIN

whole-wheat English muffin
+
pimiento cheese
+
baby spinach
+
scrambled egg
+
hot sauce

FETA, EGG & OLIVE PITA

whole-wheat pita
+
feta cheese
+
plain Greek yogurt
+
baby arugula
+
cherry tomatoes
+
poached egg
+
Kalamata olives
+
za'atar

HASH BROWN, EGG & CHEESE

hash brown patties
+
Cheddar or American cheese
+
lettuce
+
tomato
+
fried egg
+
ketchup

SALAMI, EGG & PROVOLONE

whole-wheat crusty roll (hollowed out)
+
provolone cheese
+
salami
+
thin omelet
+
olive salad or muffuletta mix

Nutrition info on page 103. For full recipes, scan this code with your phone's camera.

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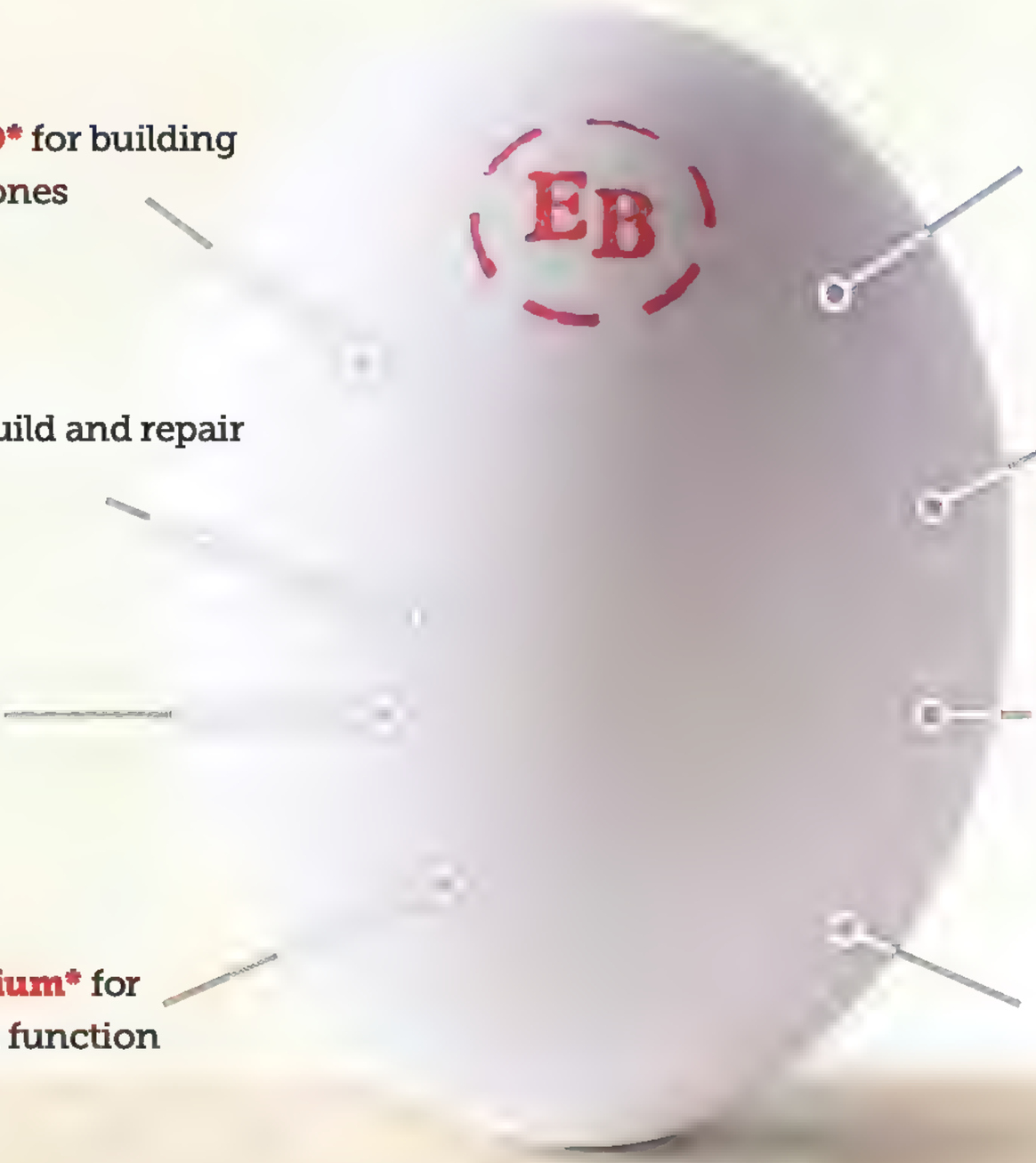

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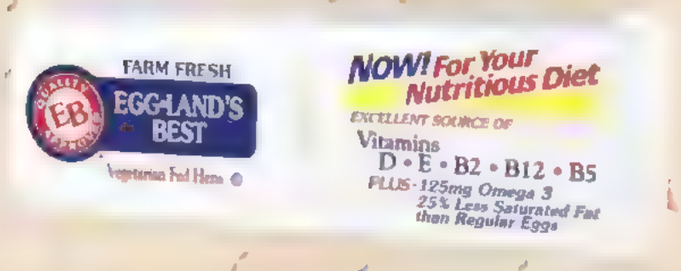
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*Compared to ordinary eggs

Power Puffs

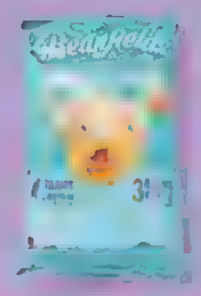
All of the airy crunch you love without the fluorescent orange cheese dust. These newfangled snacks offer nutrition boons and come in a variety of flavors.
By Karen Ansel, M.S., RDN

Moon Cheese/ Cheddar Believe It
170 cal, 1g fiber, 350mg sodium
Made from just Cheddar cheese and vegetable coloring, these babies serve up as much calcium as—and 40% more protein than—a cup of milk.

Bohana Popped Water Lily Seeds/Himalayan Pink Salt
110 cal, 1g fiber, 210mg sodium
Popped water lily seeds, also known as makhana, have been a popular snack in India for years. The crunchy, airy puffs contain antioxidants that may protect against cancer.

Puffworks Original Peanut Butter Puffs
140 cal, 2g fiber, 115mg sodium
Based on the Israeli snack Bamba, this peanutty puff not only gives you 5 grams of protein, it also gets a thumbs-up for its simple recipe of peanut butter, yellow cornmeal and sea salt.

PeaTos Crunchy Curls/ Fiery Hot
130 cal, 3g fiber, 180mg sodium
Yes, as the name suggests, these seriously hot curls are made from peas—as well as lentil and fava bean flour for 8% of your daily dose of blood-pressure-friendly potassium.



Beanfields Vegan Cracklins/Ranch
130 cal, 3g fiber, 190mg sodium
These pigless rinds deliver the crispy-salty-savory satisfaction of the real thing with half the saturated fat. They also "hog""up a lot less of the earth's H_2O, courtesy of beans' incredibly low water footprint.

Hippeas Organic Chickpea Snacks/ Bohemian Barbecue
130 cal, 3g fiber, 80mg sodium
These get high marks for their minimal sodium content and plentiful fiber (most traditional puffs have none). Fun fact: Unlike corn, chickpea plants naturally release nitrogen back into the soil, so they're good for the earth too.

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Transforming Tahini

That jar of sesame seed butter is the key to making richly flavored hummus, but it can do so much more. Let these ideas inspire you to turn to it often.

By Sara Haas, RDN

1.

Honey-Cinnamon Tahini Drizzle

Combine ¼ cup tahini, 1 Tbsp. each honey and orange juice, ⅛ tsp. ground cinnamon and a pinch of salt in a small bowl. Serve on fruit, yogurt or oatmeal. **SERVES 4**

GOOD SEEDS

One tablespoon of tahini provides 7 grams of heart-healthy poly- and monounsaturated fats and 3 grams of protein.

2.

Olive-Yogurt Dip

Stir ¼ cup nonfat plain Greek yogurt, 2 Tbsp. each tahini and finely chopped Kalamata olives, 1 Tbsp. lemon juice and 1 minced garlic clove. Serve with veggie sticks, whole-grain crackers or pita. **SERVES 4**

3.

Tahini-Citrus Dressing

Whisk 1½ Tbsp. tahini, 1 Tbsp. each lemon juice, orange juice and olive oil, 1 tsp. honey and a pinch each of salt and pepper. **SERVES 4**

4.

Tahini-Garlic Noodles

Whisk 2 Tbsp. tahini, ½ tsp. lime zest, 1 Tbsp. each low-sodium soy sauce and lime juice, 1 tsp. brown sugar, 1 minced garlic clove and ½ tsp. crushed red pepper. Toss with 2 cups cooked and cooled whole-wheat spaghetti, brown rice noodles or udon. **SERVES 2**

5.

Mandarin Tahini Smoothie

Combine ½ cup unsweetened almond milk, 2 peeled mandarin oranges, 1 frozen medium banana, 1 chopped small carrot, ½ cup ice cubes, 1 Tbsp. tahini, ½ tsp. vanilla and a pinch of cardamom in a blender. Process until smooth. **SERVES 2**

NUTRITION INFO: page 103

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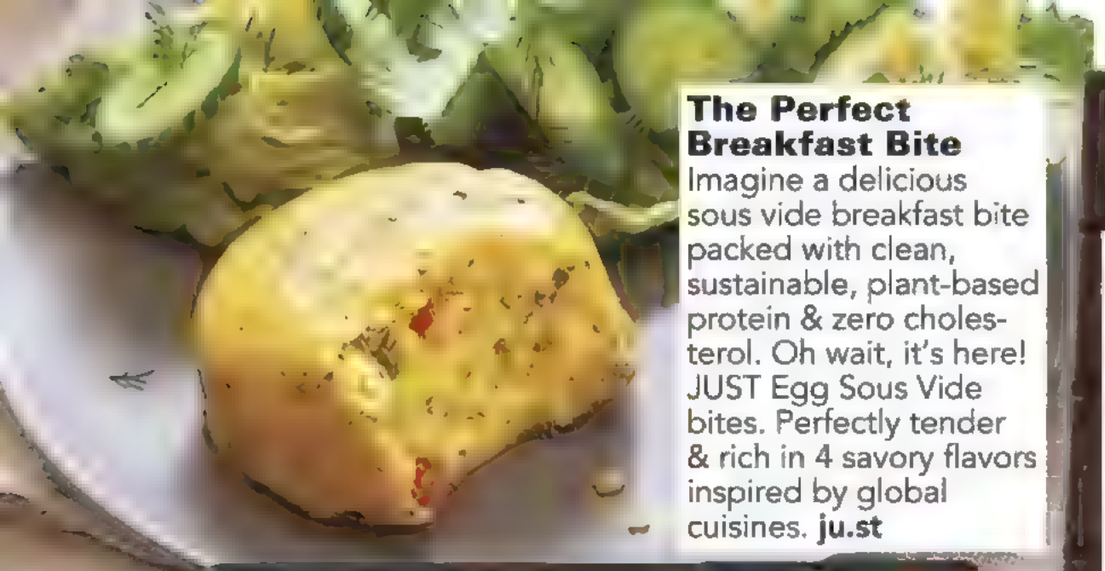

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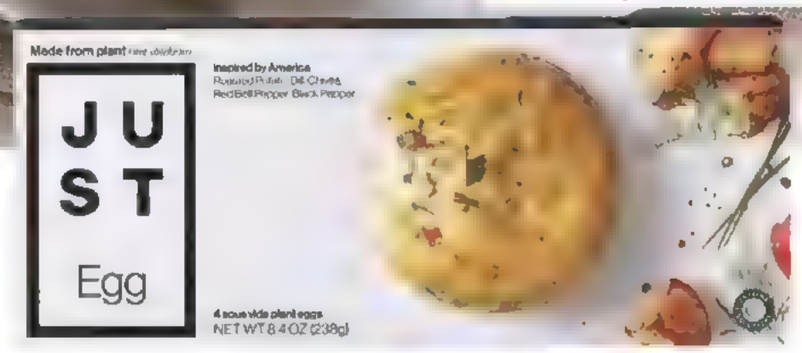

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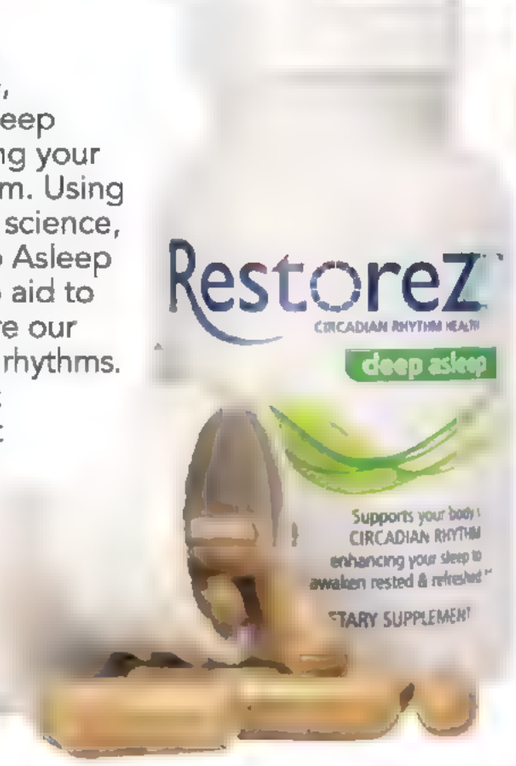
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AGING TASTEFULLY

Research shows that diet—and other lifestyle factors—can play a big role in keeping you sharp, energetic and youthful. Read on to find out how to add years to your life, and life to your years. By Joyce Hendley, M.S.

ONCE UPON A TIME, living to a ripe old age was merely a possibility—if you were lucky. In truth, most of us didn't make it much beyond our reproductive years; as late as the 1890s, the average life expectancy in the U.S. was just around 45. But major advances in medicine and public health have expanded that to an average age of 78 (and that includes the recent 1-year drop due to COVID). The number of centenarians worldwide is predicted to climb to 3.7 million by 2050.

Our understanding of aging, too, has evolved dramatically. We used to think of it as an inevitable descent into debility and disease, except for those lucky few who were blessed with "good genes." (Think: Tom Brady.) Today, it's known that genetics only account for 20 to 25% of our longevity, and much of how we age is determined by epigenetics—that is, the effect that environment, diet and other lifestyle choices, many of which *are* within our control, have on the way our genes work. (Again, think: Tom Brady.) Biological age, in other words, is not the same as chronological age.

Researchers are now focusing less on the number of birthday candles on the cake and more on our "health span"—extending the number of years we can live free of the infirmities we've come to associate with aging, from a foggier memory and creaking joints to a weakened immune system and greater risk of cancer. Rather than chalking up those indignities to "just getting older," experts are looking at them as largely preventable and sometimes even reversible. *(See "What Is Aging, Anyway?" on the next page.)* "We don't have to accept misery and frailty as a 'natural' part of old age," says molecular biologist David Sinclair, Ph.D., co-director of the Paul F. Glenn Center for the Biology of Aging at Harvard Medical School and author of the provocatively titled *Lifespan: Why We Age—and Why We Don't Have To*. He believes that aging is primarily a function of problems reading the information—the genetic code—in our cells, and that epigenetic disruption is a key driver of that process.

Sinclair and other researchers are looking at ways of reprogramming those cells. Recent studies he has conducted in mice have shown that it's possible to restore cells' ability to read those genetic instructions, a process he likens to polishing the surface of a scratched CD to retrieve the stored information—the music—inside. In this case, Sinclair and his team were able to make the eye cells of old mice "younger" and reverse vision loss.

We're still years away from turning findings like this into a medical reality for us humans. "But we already have plenty of tools to help us maximize our vitality along the way," says *EatingWell* advisor David Katz, M.D., M.P.H., founding director of Yale University's Yale-Griffin Prevention Research Center and co-author of *How to Eat: All Your Food and Diet Questions Answered*. "The most important elements are lifestyle practices and having a healthy, supportive environment."

And when it comes to lifestyle habits, experts are pretty unanimous that what we choose to eat is central to aging well. An overall healthy diet that includes what Katz calls "the usual suspects"—fruits, vegetables and other plant-based, whole foods—is important. But the foods on the following pages are rich in compounds and nutrients that are particular anti-aging heroes. Other factors, such as regular exercise, sleep and stress management, are also associated with better aging. *(See "5 Lifestyle Youth Boosters" on page 66.)* Researchers at Harvard's T.H. Chan School of Public Health recently reviewed decades of data from more than 123,000 participants and concluded that those who maintained certain healthy patterns in adulthood—eating a good diet, exercising, keeping weight under control, not drinking too much alcohol or smoking—were able to add significantly to their projected life spans, with women gaining an average of 14 years and men picking up 12 years. Best of all: most of these habits are eminently doable, if not downright pleasurable (eating!). "We know what to do, and it's not that hard for most people," says Sinclair. "How you live now goes a long way to ensure you'll have a productive, healthy and enjoyable old age."

Here's what the science is showing, and which foods are worth putting on your plate.

PHOTOGRAPHY BY
LEIGH BEISCH

What Is Aging, Anyway?

Time passes and we all get older, but it's clear that aging isn't just a function of time. Just attend a 20th or 40th high school reunion and you'll see a vivid tableau of how those decades seem to be kinder to some than others. Indeed, when it comes to the changes we associate with aging, the World Health Organization notes that "a gradual decrease in physical and mental capacity [and] a growing risk of disease ... are neither linear nor consistent, and they are only loosely associated with a person's age in years." Aging is actually a series of changes that occur at the molecular level in our bodies' cells, and experts say that how well we age is largely dependent on how healthy these microscopic body parts are.

When our cells divide and new ones replace the old ones, the DNA in their chromosomes is copied, supplying the vital instructions that make them function as they should. Capping the ends of our chromosomes are telomeres—segments of DNA that help protect the precious genetic material inside and keep it intact during this process, akin to the way the aglet on the end of a shoelace prevents it from unraveling. As our cells replicate, telomeres tend to get smaller. Eventually, too-short telomeres send out chemical signals that trigger cells to stop dividing. Some die off, while others become senescent—less able to follow their genetic instructions, work properly and fend off disease. When senescent cells build up over time, our body's tissues start to age.

Turning Back Time

The good news is that this process isn't all one way: Research has shown that telomeres can actually *lengthen*, thanks to an enzyme called telomerase, the availability of which controls whether these DNA caps shrink, hold steady or grow after certain cells divide. And lifestyle factors like a healthy diet can keep them robust. "The better we can preserve telomeres in healthy cells, the better our chances of a longer health span," explains molecular biologist Patricia Opresko, Ph.D., a professor of environmental and occupational health at the University of Pittsburgh and UPMC Hillman Cancer Center.

Proof of this concept was first demonstrated in a study led by Dean Ornish, M.D., a professor of medicine at the University of California, San Francisco and founder of the Preventive Medicine Research Institute (PMRI). Ornish's plant-based diet and lifestyle program, which includes things like moderate daily exercise and stress management, is best known for reducing—and sometimes reversing—the course of heart disease, but this research looked at prostate cancer patients. His team discovered that disease progression was significantly slower among those on the Ornish plan. And a follow-up study in another group of men with early-stage prostate cancer found that those who adhered most closely to the regimen had, on average, a 10% *increase* in the length of their telomeres after 5 years. By contrast, a control group that didn't follow the diet and lifestyle interventions had telomeres that became 3% *shorter* over the same period. The findings were some of the first to show "a very promising potential for individuals to change their lifestyle and have more control over how they age," notes Carra Richling, RD, senior registered dietitian at PMRI.

(continued on page 65)

FISH MORE

As a rule, Americans aren't big fish eaters, but evidence suggests that those who *do* get a modest amount in their diets—1 to 2 servings weekly, which is around what the Dietary Guidelines recommend—are more than a third less likely to die from heart disease, our nation's top killer. And recent data from men and women enrolled in the huge NIH-AARP Diet and Health Study shows they may live longer, *period.* Among the 421,000-plus subjects, those in the highest fish-eating bracket (still just 2 servings per week) had a significantly lower risk of death during the 16 years of the study—it was 9% less for men, 8% for women—compared to non-fish eaters. (Importantly, no such associations were found for *fried* fish, suggesting that cooking method matters.)

The benefits are commonly ascribed to the inflammation-fighting effects of omega-3 fatty acids, which are found in abundance in many types of fish, such as salmon, sardines and tuna. And there's evidence at the cellular level, too: University of California, San Francisco researchers measured health markers in 608 elderly patients with stable heart disease (who therefore were already at risk for accelerated aging) over a 5-year period. They found that the higher the levels of omega-3s in their blood at baseline, the less their telomeres shortened during the course of the study. And a recent report published in *The BMJ* that measured blood levels of omega-3s in 2,622 elderly adults for 13 years determined that those with the highest amount (again, equal to 2 weekly servings) had an 18% lower chance of experiencing an "unhealthy aging factor," such as heart or lung disease, cancer, or cognitive or physical declines during the study period, when compared to those with the lowest omega-3 levels.

That said, the benefits of eating fish must also be balanced against the negatives—overfishing of certain species, and the risk of exposure to environmental contaminants like mercury that can accumulate in fish, particularly larger ones, such as swordfish. Experts recommend staying within the 1 to 2 servings a week guideline and buying sustainable, low-mercury species. Or, like Yale's David Katz, you can get your omega-3s from plant sources instead. He suggests a daily supplement derived from algae, versus plant-based sources, such as flaxseed and walnuts. "You'll much more reliably get the optimal dose," he says. "Fish and seafood may be the best-known sources of omega-3s, but fish and seafood get it from *algae*."

BOOST WITH BERRIES

Berries of any type—blueberries, cranberries, strawberries—offer a host of healthy-aging benefits for the body and brain. They're great sources of microbiome-friendly fiber, plus the flavonoid pigments that give berries their blue, red and purple hues, called anthocyanins, are powerful cell-protecting antioxidants that have been associated with a reduced risk of age-related diseases like cancer, type 2 diabetes and heart disease. For example, a study published in the journal *Circulation* analyzed 18 years of data from more than 93,000 middle-aged women and found that those whose diets contained the highest amounts of anthocyanins—equivalent to roughly 3 servings a week of blueberries or strawberries—had 32% lower odds of having a heart attack compared to those who rarely ate them.

Anthocyanins—also found in similarly colored produce, such as pomegranates, grapes, red cabbage and plums—can also cross the blood-brain barrier to regions involved in memory and learning. They appear to protect neurons from damage caused by certain toxins and inflammation and play a role in preventing some of the cognitive declines associated with aging, including Alzheimer's disease. A recent study published in the *American Journal of Clinical Nutrition* looked at data from 2,800 people enrolled in the massive Framingham Heart Study Offspring Cohort—which tracked the dietary records and health status of thousands of participants for decades—and found that those who ate the most berries (just under 2 cups per week) were 4 times less likely to develop Alzheimer's disease over a 20-year period compared with low- or non-berry-eaters. "I get berries every time I go grocery shopping," says lead study author Paul Jacques, D.Sc., a senior scientist at Tufts University's Jean Mayer USDA Human Nutrition Research Center on Aging. Similarly, researchers with the Nurses' Health Study (another large-scale undertaking that has been assessing the health of more than 275,000 people since the 1970s) conducted memory testing in 16,010 elderly women over a 6-year period and discovered that berry eaters consuming at least 1 to 2 servings per week slowed their cognitive aging by up to 2½ years when compared with participants who ate 1 serving a month or less. We're with Jacques:

(continued from page 62)

Cooling "Inflammaging"

How can our eating habits and behaviors have such a profound effect? Namely, by regulating levels of inflammation in our bodies—a process so closely linked to the development of age-related diseases that researchers have dubbed it "inflammaging."

First, some background: Inflammation is the way our bodies respond to challenges like infections and injuries, activating the immune system to fight off invading pathogens. But this healing process can become dangerous if it's chronic—causing quiet but persistent damage to our cells that shrinks telomeres and speeds the march to mortality. Nearly all major health conditions—from Alzheimer's and diabetes to cancer, hypertension and heart disease—are linked to chronic inflammation, which is responsible for more than half of all deaths worldwide. And our risk for developing it tends to increase as we age. (Lifestyle habits have long been linked to many of these conditions, but it's only recently that scientists discovered the reason for it at the cellular level: inflammation and telomere length.)

The Food Factor

A major contributor to inflammaging is oxidative stress, or the production of so-called "free radicals" in the body that damage cells, including our telomeres. Research in Opresko's lab found that high levels of oxidative stress can speed up the shortening of telomeres. But a plant-rich diet that includes plenty of vegetables, fruits and whole grains can "protect and preserve your telomeres in a natural and healthy way," Opresko explains. The antioxidants they contain act as an off switch to the oxidation-inflammation process by neutralizing free radicals and breaking the chain of reactions that leads to cell damage. That may be one reason why the oft-lauded, plant-centric Mediterranean diet and DASH eating patterns have been tied to both lower rates of inflammation and longer telomere length. These eating patterns also provide plenty of soluble and insoluble fiber, which helps support a healthy microbiome—another key way to keep inflammation at bay. *(See "Get Whole Grains" on page 68.)*

Equally important as what you eat is what you *don't,* including red and processed meats, like sausage and cold cuts. Both are sources of pro-inflammatory compounds and have high amounts of saturated fat, which lead to the production of chemicals that can tip the immune system's balance in an inflammatory direction, says Katz.

Other inflammation stokers are foods with refined carbohydrates, such as white bread and pasta, and added sugars. They cause insulin spikes that negatively affect the immune system. Sugary sodas are especially potent inflammagers: an *American Journal of Public Health* study of 5,300 participants found a significant link between soda consumption and shorter telomere length—and that each daily 8-ounce serving was associated with nearly 2 extra years of cellular aging.

Recent studies also implicate ultra-processed foods, like chips and fast food, with higher levels of inflammation and shorter telomere lengths. A Spanish study of 886 seniors showed that those who consumed the most ultra-processed foods (3 or more servings a day) had almost double the odds of having short telomeres compared with those who ate the least (less than 2 daily servings). Why? These foods deliver pro-inflammatory nutrients we already get too much of—salt, added sugars, refined carbs and unhealthy fats.

Sticking to a more plant-based, whole-food-rich diet is a recommendation we've all certainly heard before. But that is the point, experts say. It's a proven way to live better now, and it also happens to provide the best insurance for a longer and happier health span.

5 Lifestyle Youth Boosters

IN ADDITION TO WHAT YOU EAT, SCIENCE SHOWS THESE MOVES MAY ALSO INCREASE HEALTH SPAN.

Regular exercise. Experts and countless studies agree: regular exercise is probably the closest we'll ever get to a fountain of youth. The mechanisms are multifold. Aerobic exercise helps strengthen aging hearts, makes arteries more flexible, lowers blood pressure and promotes healthy blood flow to the brain. Strength training preserves muscle and bone mass, which naturally decline as we age. And a 2018 report that tracked 5,823 adults found that those who exercised the most (equal to a 30-minute jog, 5 times a week) had significantly longer telomeres—giving them a biologic aging advantage of 9 years over their sedentary counterparts. Researchers believe the benefit is related to exercise's ability to reduce inflammation and oxidative stress.

Intermittent fasting. It may seem a little left-field, but research in lab animals has found that cutting calorie intake by 20 to 50%—at least occasionally—is linked to significantly longer life spans and better health measures. The connection isn't well understood, but one theory suggests that when the body has less food to process, fewer inflammaging-boosting free radicals are generated. Cycling periods of fasting and eating may also help increase the activity of sirtuins—enzymes that have been dubbed "longevity genes" because of their role in recruiting other cells to repair damaged DNA and restore cell vitality. A rigorous human clinical trial found that even just a 12% cut in calories, on average, was associated with a significant reduced risk of age-related diseases, such as diabetes and heart disease, compared to controls. Researcher David Sinclair himself follows an informal intermittent-fasting protocol: he tries to skip one meal daily. That said, intermittent fasting is not for everyone and more trials in humans need to be conducted.

Plenty of sleep. While everyone's needs are different—most adults need between 7 and 9 hours a night—getting too little shut-eye puts you at a higher risk of developing inflammation and accelerate aging. Indeed, a review of 72 studies showed that sleep problems were strongly associated with higher blood levels of inflammatory factors, such as C-reactive protein and interleukin-6.

Managing stress. When UCSF researchers analyzed blood samples from a highly stressed group—moms caring for a child with chronic illness—they found the women had significantly shorter telomeres compared to moms with healthy kids. Those who cared for their sick child for the longest period of time, or who perceived themselves as being under the most stress, had the shortest telomeres of all. There's no way to avoid stress, but learning how to manage it can circumvent the stress-aging connection. Studies have found that techniques like meditation are associated with longer telomeres and lower levels of some markers of aging.

Cultivating social connections. Human interaction is vital to our well-being—and the same goes for our cells. A study in the journal *Psychosomatic Medicine* that compared blood samples from 948 older adults found that the participants with low social support—few social ties, more self-reported feelings of isolation and stress—had the shortest telomeres. On the flip side, strong social networks are a hallmark of blue zones—regions of the world with remarkably high concentrations of centenarians. So bestselling author Dan Buettner, who discovered these blue zones, advises "taking the time to go out and find—or reinforce—friendships with 2 or 3 people you can count on on a bad day."

STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS)

To check out our collection of recipes packed with healthy-aging ingredients, scan this smart code with your phone's camera.

GO GREEN

Leafy greens, that is. Recent research has linked a number of nutrients found in foods like chard, kale and spinach to aging more healthfully, including anti-inflammatory carotenoid compounds and vitamin K, which play a role in protecting aging bones and keeping arteries flexible. Leafy greens are also rich in folate—a B vitamin that works closely with B_{12} and B_6 to help keep the body's levels of the amino acid homocysteine in check. High levels of homocysteine in the blood are considered a marker for heart disease, as they can damage the lining of the arteries and increase the risk of blood clots. Studies have also associated elevated homocysteine with inflammation and shorter telomere length.

More Foods for Aging Well

BET ON BEANS

What's so magical about "the magical fruit" when it comes to living longer and better? For one, beans and legumes are packed with the nutrients associated with healthier aging—including fiber, folate and trace minerals like iron and zinc. And they're rich in protein, which makes them a good swap for animal-based proteins, such as red meat, that may stoke inflammation levels and shorten life span. One study that looked at the diets of 5 cohorts of people age 70 and older from Sweden, Greece, Japan and Australia concluded that for every 20 grams (about 2 Tbsp.) of beans people ate per day, their risk of dying dropped by 8%. What's more, a review published in the journal *Nutrients* found that consuming beans and legumes was associated with longer telomeres, while protein sources like red meat had the opposite effect. No wonder they feature so heavily in the diets of people living in centenarian-rich blue zones. Dan Buettner, who identified these blue zones, notes that whether residents live in Okinawa or Sardinia, their mostly whole-food, plant-based diets include a lot of beans. (He devotes a quarter of the recipes in his cookbook, *The Blue Zones Kitchen*, to beans, lentils and other legumes.)

ENJOY SOME SOY

Speaking of beans, soybeans (aka edamame) and foods made from them, such as tofu, tempeh and miso, have an added anti-aging benefit over their cousins (no offense, lentils). They contain compounds called isoflavones, which have a weak estrogen-like activity as well as antioxidant effects in the body. Studies show that diets that include soy can lead to a lower incidence of arthritis, a typical old-age bane. And in postmenopausal women, soy intake has been associated with greater muscle mass, skin elasticity and stronger bones (which the drop in natural estrogen levels can negatively impact). Like other legumes, soy is a good source of protein and an easy way to replace more-inflammatory animal-based proteins in your diet—while getting some microbiome-supporting fiber in the bargain. For example, 1 cup of shelled edamame has about 22 grams of protein, similar to a 3-ounce portion of steak, plus 18 grams of fiber. (Beef has nada.)

And, while some people have worried that soy may increase cancer risk, "the associations don't hold up when you review the research, especially when people focus on whole or minimally processed soy foods—rather than those made with soy isolates, which are highly processed," says Richling of the Preventive Medicine Research Institute. (Think: edamame or tofu versus a tofu hot dog.) In fact, recent evidence suggests that when eaten in this form soy may not impact cancer risk, or may even protect against it—namely breast cancer. As with all things, don't go overboard. Richling adds that in countries like Japan and China, where people consume soy foods regularly and experience a low risk of certain cancers, they tend to eat 1 to 2 servings a day at most.

GET WHOLE GRAINS

From whole wheat and farro to millet and oats, whole grains deliver in a big way when it comes to fighting age-related body declines as well as diseases like cancer and heart disease. Because they still retain their nutrient-packed outer hulls rather than losing them in the refining process, whole grains provide nutrients like folate and other B vitamins, and free-radical-squelching compounds including phenolics and lignans. Even more notably, they supply plenty of fiber, which has been associated with longer telomere length in studies. Oats and barley are particular standouts. They're rich in soluble fiber, a nutrient that helps control blood sugar levels—and fights the insulin resistance that tends to increase with age. Insulin resistance can also damage and shorten telomeres. (Of course, most of the foods you're reading about here contain fiber, but whole grains and beans tend to offer the highest dose per serving.)

Current dietary guidelines recommend women get at least 25 grams of fiber daily; for men it's 38. However, most of us average just 15 grams a day. Senior citizens get even less fiber, due to diminished appetite and more difficulty chewing hard or fibrous foods. That said, making the effort to get more of this nutrient can have a big age-fighting payoff: a study of over 1,600 older adults found that those who ate fiber-rich diets (averaging about 29 grams daily) were 80% more likely to live longer and "age successfully" (staying free of disease, cognitive decline and other disabilities) over a 10-year period compared with those who didn't.

A fiber-rich diet can also help support a healthier microbiome. Interestingly, studies suggest that people with the most diverse and balanced gut flora tend to live longer, with less frailty, although the hows and whys are still unclear.

TURN A NEW LEAF

Habitual tea drinkers, especially those who favor green tea, tend to have longer telomeres than those who sip it less often. Why? The science points to polyphenols—compounds abundant in tea that help give the brew its distinct flavors—which are powerful inflammation fighters. Green tea is rich in a type of polyphenol called epigallocatechin gallate (EGCG) that has been shown to fight free-radical damage, reduce blood glucose levels and have neuroprotective effects, even in moderate amounts. In a study published in the journal *Aging*, researchers conducted brain scans and collected dietary information from 36 seniors over a 3-year period. They found that the longest-term tea drinkers—those who reported consuming at least 4 cups (of any kind) each week for the past 25 years—had better neural connections between different areas of the brain. "Our study suggests that tea drinking is effective in preventing (slowing) or ameliorating cognitive decline," the researchers concluded, "and that tea drinking may be a simple lifestyle choice that benefits brain health." Pinkies up!

CRUNCH ON CRUCIFERS

Broccoli, cabbage, cauliflower, collards, Brussels sprouts and other cruciferous vegetables—named for their cross-shaped petal formation when the plants flower—have long been linked with a lower risk of age-related diseases, like cancer and heart disease. They're also rich in fiber, vitamins A, C, folate and vitamin K—all associated with healthier aging.

A key phytonutrient in cruciferous veggies, called sulforaphane, appears to be especially protective at fighting the chronic inflammation that makes us age faster. One Chinese study found sulforaphane to be a potent activator of the body's NRF2 signaling pathway, which controls gene expression and is crucial for suppressing inflammation, improving antioxidant function, triggering our natural detoxifying processes and guarding against degenerative brain disorders. If we do say so ourselves, the Parmesan-Crusted Cauliflower with White Beans & Tomatoes on page 33 would be a delicious place to start.

JOYCE HENDLEY, M.S., *is a Denver-based food and health writer and teacher.*

6:20 am — Tired
7:20 am — Caring
2:45 pm — Happy
3:46 pm — Worried
4:21 pm — Relieved

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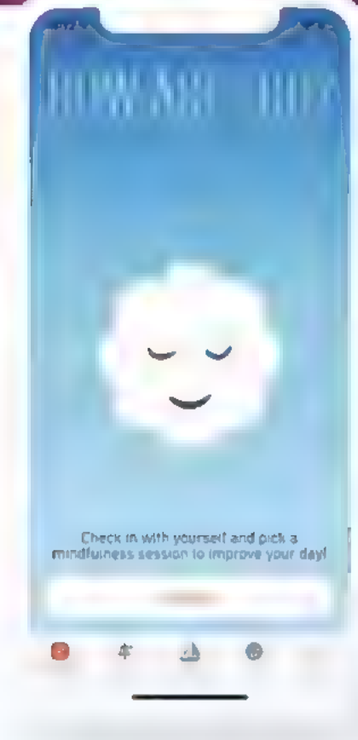

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PARSNIPS AND

ONE MOM'S PLAYBOOK
FOR GETTING
KIDS TO EAT WELL.
IN REAL LIFE.

BY NICCI MICCO, M.S.

POP-TARTS

When my son Julian was about 15 months old, I showed up to day care, found him sharing a Pop-Tart with his teacher and *totally* freaked out. No, no, I didn't yell at her. I silently self-combusted, fueled by a fury that my kid was now definitely going to become a lifelong *sugar addict*. Every parent wants their kid to be a healthy eater. But for me, it was a source of pride—and pressure.

I have a master's degree in nutrition, and at the time I was the nutrition editor at a national magazine (this very one!). I'd spent a dozen years interviewing some of the world's leading scientists and dietitians. And I was in Vermont, land of Farm Fresh Living. So: I knew the rules of optimal eating and how to put them into practice. I can't say I entered motherhood with the confidence that I'd be excellent at tending to small humans—but I knew I'd do a *fantastic* job of raising well-balanced, conscious eaters. Basically, it was my job.

While I was pregnant, I rigidly followed prenatal nutrition guidelines. I breastfed and then made most of Julian's baby food—largely from our CSA share. I was *way* too proud that at 7 months old, his favorite food was parsnips. I kept refined sugars away until his first birthday, when it felt like just the right time to make an exception for cake—that he could smash in his face. Then ... *Boom.* Pop-Tart Incident. (To be fair, my overblown reaction was likely hormone-fueled; I was unknowingly pregnant with my other guy, Kai.) It was the first time I realized that, like everything else about parenting, feeding a child isn't wholly within one's control. This gave me pause.

I didn't want to demonize sweets. (Which would, no doubt, backfire.) I wanted to be the flash mob of wholesome, interesting foods—mostly healthy but sometimes just delicious. The goal was to make my kids love the good stuff so much that it would simply crowd out the less-healthy options. That meant getting them excited about food and creating in the kitchen.

When the kids were toddlers, we got a special platform for them to stand on that pulled up to the counter so they could toss around ingredients while my husband and I cooked. When it became a stage for shoving (*"I* stir!"), we put them on separate stools, with me in the middle. I joke that if I ever write a book about cooking with my kids, it will be called *With Minimal Shoving*. (I actually own that URL.) As they grew, I invested in new kitchen tools, like a cherry pitter that 100% amped up kid engagement, but made our kitchen look like a murder scene straight out of *Dexter*. And a third vegetable peeler so the boys wouldn't fight over the "good" one.

We also never had separate "kid" dinners at our house. Because we always wanted them to try new things, they got what they got, and from that, they could eat what they liked. On the side, we introduced fun dips, sauces and spice mixes, often crafted by a kid. Build-your-own bowls—like the BYO chickpea rice bowls on page 79—were a near-essential approach when Julian went through a refuse-most-vegetables phase, and are still helpful, as Kai often opts out of eating meat. And thanks to French Club at school, the boys became expert crêpe makers, serving up both sweet and savory varieties, and even working wonderfully together—so long as Kai is acting as sous chef, following all of Julian's orders.

These days, teenage/tweenage life—and *lots* of time at home—is testing our family. Our fast-growing guys (now 13 and 11) are crushing boxes of cereal and granola bars. But they're also eating apples and carrots in astonishing amounts. We're all still cooking together. And lately, we're making good use of our slow cooker and experimenting with the air fryer my mom got us for Christmas.

Every few weeks, Julian—who's obsessed with baking shows like *Nailed It!* and *Sugar Rush*—will whip up a layer cake from scratch, with bright buttercream frosting. Occasionally he'll request a sugar bomb I never thought I'd buy, like Froot Loops to make a colorful variation on Rice Krispies Treats. I ooh and aah over his latest creation—which *always* has more sugar than a Pop-Tart—snap a pic and savor the sweet. I've loosened up over the years, plus my more experienced parent self knows: choose your battles. Grappling over grams of sugar when your kids eat *and cook* all sorts of "optimal diet" dishes, well, it just seems silly. Totally not aligned with my flash-mob framework of healthy eating advocacy, but we're good.

NICCI MICCO *is a mom (obviously), writer and yoga teacher in Vermont. She is the VP of marketing for Mamava.*

INSTAGRAM PHOTOS COURTESY NICCI MICCO

Picadillo-Stuffed Empanadas

ACTIVE: 45 min **TOTAL:** 1¼ hrs
EQUIPMENT: Parchment paper

Though definitely not traditional, pizza dough is a great shortcut here, as is the bag of pre-chopped onions, celery and carrots. The filling is delicious with a hunk of cornbread or spooned over steamed rice with a side of cooked greens.

- All-purpose flour for dusting
- 2 tablespoons extra-virgin olive oil, divided
- 1 10-ounce package frozen chopped onions, celery and carrots
- 1 small green bell pepper, chopped
- 2 cloves garlic, minced
- 1 pound lean ground beef
- 1 cup low-sodium tomato sauce
- 2 tablespoons red-wine vinegar
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- ½ cup raisins
- ¼ cup chopped pimiento-stuffed olives
- 1 pound whole-wheat pizza dough, at room temperature

1. Position racks in upper and lower thirds of oven; preheat to 450°F. Line 2 baking sheets with parchment paper and lightly dust with flour.

2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add frozen vegetables, bell pepper and garlic and cook, stirring occasionally, until the vegetables are tender, 4 to 6 minutes. Add beef and cook, breaking up with a wooden spoon, until cooked through, 3 to 4 minutes. Add tomato sauce, vinegar, cumin and cinnamon and bring to a simmer. Cook, stirring occasionally, until thickened, 5 to 6 minutes. Remove from heat and stir in raisins and olives. Let cool for 10 minutes.

3. Divide dough into 12 portions. Roll each piece on a lightly floured surface into a 4-inch-wide disk. Place ⅓ cup of the filling in the center of a disk. Gently stretch one end and fold over the filling. Pinch to seal the edges and crimp with a fork. (Moisten the edges with a little water if needed to help them stick together.) Transfer to a prepared baking sheet. Repeat with the remaining filling and dough. Brush the empanadas with the remaining 1 tablespoon oil.

4. Bake, switching the pans from top to bottom and back to front halfway through, until browned and crispy, about 12 minutes.

SERVES 6: 2 empanadas each
Cal 412 **Fat** 16g (sat 4g) **Chol** 49mg **Carbs** 49g **Total sugars** 11g (added 0g) **Protein** 22g **Fiber** 6g **Sodium** 483mg **Potassium** 497mg.

"I WANTED TO BE THE FLASH MOB OF WHOLESOME, INTERESTING FOODS."

Air-Fryer Fish Sticks

ACTIVE: 20 min **TOTAL:** 20 min **EQUIPMENT:** Air fryer

Essentially a mini convection oven, an air fryer circulates hot air all around these breaded fish sticks for a perfectly crisp exterior in minutes. This recipe can easily be doubled if you have an extra-large air fryer or made in batches in a regular-size one.

- Cooking spray
- 8 ounces skinned cod, cut into 1-inch strips
- ½ teaspoon garlic powder
- ½ teaspoon Old Bay seasoning
- ¼ cup all-purpose flour
- 1 large egg
- ½ cup panko breadcrumbs
- 1 tablespoon chopped fresh parsley

1. Coat air-fryer basket with cooking spray. Preheat to 400°F.

2. Sprinkle cod with garlic powder and Old Bay. Place flour in a shallow bowl. Lightly beat egg in a second shallow bowl. Combine breadcrumbs and parsley in a third shallow bowl. Dredge each piece of fish in the flour, then dip in the egg, letting the excess drip off, then dredge in the breadcrumbs, shaking off any excess. Set on a clean plate.

3. Place the fish in the air-fryer basket and coat with cooking spray. Cook until browned and crispy, 4 to 6 minutes.

SERVES 2: 5 oz. each

Cal 168 **Fat** 2g (sat 1g) **Chol** 91mg **Carbs** 16g **Total sugars** 0g (added 0g) **Protein** 18g **Fiber** 1g **Sodium** 491mg **Potassium** 271mg.

CULTIVATING (MOSTLY) HEALTHY EATERS

Your best shot at raising kids who make nutritious choices and can find their way around a kitchen? Engage them—repeatedly—in fun food experiences. Start here.

If at first you don't succeed, try, try (and try) again. Research shows that kids often need to taste the same food 5 to 10 times before they "like" it.

Invite creativity. Colorful ingredients, fun plating and interactive menu items (think: mix-your-own-dips!) encourage kids to dig in.

Give them agency over what they eat. BYOB gets new meaning with Build Your Own Bowl dinners. Let everyone choose what they want to entice them to try new things.

Explore the world through food. Follow the lead of your kids' interests (Argentinian empanadas for soccer star Lionel Messi FTW!) or try a subscription box like Little Passports.

Let them help. Just stirring batter in a bowl won't keep kids kitchen-curious for long. Have them measure, dump, chop and roll. Messes will be made, but that's OK. (Deep breath in, *full* breath out.)

Go straight to the source. Visiting farms helps instill an appreciation for food—and the land, animals and producers that provide it. Plus, picking your own produce makes for fun family time.

To get a month's worth of healthy dinner ideas for kids, scan this smart code with your phone's camera.

Pizza Crêpes

ACTIVE: 35 min **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate batter (Step 1) for up to 3 days.

Crêpes may seem fancy-slash-scary, but once you get the hang of the process, making them is a snap—the eggs make them surprisingly sturdy. Fill them with just about anything, like ham and cheese with an egg on top for brunch or fresh fruit and Nutella for dessert.

- ½ cup whole-wheat flour
- ½ cup all-purpose flour
- ¼ teaspoon salt
- 3 large eggs
- ½ cup low-fat milk
- 2 teaspoons melted butter
- 1 tablespoon extra-virgin olive oil
- 1 large bell pepper, sliced
- 8 ounces sliced mushrooms
- 3 ounces diced pepperoni
- ½ cup seltzer water *or* club soda
- ¾ cup low-sodium marinara sauce
- 1½ cups shredded whole-milk mozzarella cheese
- Parmesan cheese & crushed red pepper for serving

1. Combine whole-wheat flour, all-purpose flour, salt, eggs, milk and butter in a blender; process until smooth, scraping down the sides once or twice. Refrigerate for at least 30 minutes.

2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add bell pepper and mushrooms; cook, stirring occasionally, until softened, about 5 minutes. Remove from heat and stir in pepperoni. Transfer the mixture to a bowl. Wash and dry the pan.

3. Place a baking sheet in the oven and preheat to 200°F.

4. Slowly whisk seltzer (or club soda) into the batter. Coat the pan with cooking spray and heat over medium-high heat. Add ⅓ cup of the batter and immediately swirl to coat the bottom of the pan. Cook until the underside is lightly browned, about 30 seconds. Flip the crêpe and spread 2 tablespoons marinara in the center, leaving a 1-inch border. Top with ¼ cup cheese and ½ cup of the pepperoni mixture. Cover and cook until the cheese is melted and the crêpe is browned, about 1 minute more.

5. Fold the sides of the crêpe in toward the center and transfer it to the pan in the oven to keep warm. Repeat with the remaining batter, marinara, cheese and pepperoni mixture to make 5 more crêpes, coating the pan with cooking spray each time and adjusting the heat as necessary. Serve with Parmesan and crushed red pepper, if desired.

SERVES 6: 1 crêpe each

Cal 341 **Fat** 21g (sat 8g) **Chol** 133mg **Carbs** 22g **Total sugars** 5g (added 0g) **Protein** 17g **Fiber** 3g **Sodium** 621mg **Potassium** 351mg.

"THE GOAL WAS TO MAKE MY KIDS LOVE THE GOOD STUFF SO MUCH IT WOULD SIMPLY CROWD OUT THE LESS-HEALTHY OPTIONS."

Chile-Spiced Shredded Beef with Cheesy Polenta

ACTIVE: 45 min **TOTAL:** 4¾ hrs on High or 8¾ hrs on Low

TO MAKE AHEAD: Refrigerate beef (Steps 1-4) for up to 3 days or freeze for up to 2 months.

EQUIPMENT: 6-qt. slow cooker

Let your slow cooker do the heavy lifting to make a Sunday dinner that yields leftovers for another night. Tuck the rest of the spiced beef and your favorite fixings into corn tortillas or spoon over baked sweet potatoes.

SHREDDED BEEF

- **1 poblano *or* small green bell pepper**
- **2 tablespoons chili powder**
- **½ teaspoon ground cumin**
- **½ teaspoon garlic powder**
- **½ teaspoon salt**
- **2½ pounds beef chuck roast, trimmed and cut into thirds**
- **2 tablespoons avocado *or* canola oil**
- **1 large onion, sliced**
- **2 cloves garlic, minced**
- **1 15-ounce can fire-roasted diced tomatoes, drained**
- **¾ cup low-sodium beef broth**

POLENTA

- **3 cups water**
- **¾ cup polenta, fine cornmeal or grits**
- **1 cup shredded pepper Jack cheese**
- **½ cup chopped fresh cilantro, plus more for garnish**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **Lime wedges for serving**

1. To prepare beef: Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

2. Place poblano (or bell pepper) on the prepared pan and broil, turning occasionally, until blistered on all sides, 10 to 12 minutes. Transfer to a small bowl and cover with a kitchen towel. When cool enough to handle, remove the skin and seeds and slice the pepper into thin strips.

3. Meanwhile, combine chili powder, cumin, garlic powder and ½ teaspoon salt in a medium bowl. Add beef and toss to coat. Heat oil in a large skillet over medium-high heat. Add the beef and cook, turning occasionally, until browned on all sides, about 6 minutes. Transfer to a 6-quart slow cooker.

4. Add onion and garlic to the pan and reduce the heat to medium. Cook, stirring frequently, until the onion begins to soften, about 2 minutes. Add tomatoes, broth and any spice mixture remaining in the bowl; bring to a boil, scraping up any browned bits. Add the mixture to the slow cooker, along with the pepper strips. Cover and cook on High for 4 hours or Low for 8 hours.

5. About 15 minutes before serving, prepare polenta: Bring water to a boil in a medium saucepan. Reduce heat to low and gradually add polenta (or cornmeal or grits), whisking vigorously. Cover and cook for 10 minutes. Remove from heat and stir in cheese, cilantro, salt and pepper.

6. Remove the beef from the slow cooker and shred. Serve sauce, vegetables and half the beef over the polenta. Sprinkle with more cilantro and serve with lime wedges, if desired. (Reserve the remaining beef for another use.)

SERVES 4: ¾ cup beef & ⅔ cup polenta each (with leftovers)

Cal 391 **Fat** 18g (sat 7g) **Chol** 99mg **Carbs** 23g **Total sugars** 2g (added 0g) **Protein** 34g **Fiber** 3g **Sodium** 707mg **Potassium** 558mg.

Chicken & Halloumi Chickpea Rice Bowls

ACTIVE: 25 min **TOTAL:** 25 min

Present this meal buffet-style so everyone can craft their own bowls and get what they want (including an argument-free dinner). Chickpea "rice" has twice the protein and five times the fiber of brown rice. Find it in many supermarkets or online. (Photo: page 72.)

- 1 cup chickpea rice
- 8 ounces boneless, skinless chicken breast
- 4 ounces halloumi cheese
- 4 tablespoons extra-virgin olive oil, divided
- ½ teaspoon ground pepper, divided
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- 2 tablespoons finely chopped fresh basil
- 1 tablespoon finely chopped fresh oregano
- 1 clove garlic, grated
- 2 tablespoons lemon juice
- 4 cups baby greens, such as arugula, kale *and/or* spinach
- 4 cups cut-up fresh vegetables, such as cherry tomatoes, cucumber, bell pepper, broccoli, carrots, radishes

1. Preheat broiler to high.

2. Bring a large saucepan of water to a boil. Add chickpea rice and cook according to package directions. Drain.

3. Meanwhile, pound chicken to an even thickness of about ½ inch. Slice halloumi ½ inch thick. Place the chicken on one side of a rimmed baking sheet and the halloumi in a single layer on the other side. Brush both sides of the chicken and halloumi with 1 tablespoon oil and sprinkle with ¼ teaspoon pepper. Sprinkle the chicken with ⅛ teaspoon salt.

4. Broil, flipping once, until an instant-read thermometer inserted in the chicken registers 165°F and the halloumi is golden brown, about 7 minutes total. Transfer the chicken to a clean cutting board; let rest for 5 minutes, then slice.

5. Combine basil, oregano, garlic, lemon juice and the remaining ¼ teaspoon each pepper and salt in a small bowl. While whisking, slowly add the remaining 3 tablespoons oil. Toss the cooked chickpea rice with half of the dressing and reserve the rest for topping.

6. Serve the chickpea rice with greens, vegetables, the chicken, the halloumi and the remaining dressing.

SERVES 4: 3 cups each

Cal 501 **Fat** 25g (sat 7g) **Chol** 63mg **Carbs** 38g **Total sugars** 3g (added 0g) **Protein** 31g **Fiber** 7g **Sodium** 733mg **Potassium** 912mg.

Strawberry Crumble Bars

ACTIVE: 30 min **TOTAL:** 2 hrs (including cooling time) **TO MAKE AHEAD:** Refrigerate for up to 3 days or freeze for up to 4 months.

EQUIPMENT: Parchment paper

After you haul all your fruit home from the orchard or farm, bake a batch of these bars. Change up the fruit with the seasons—peaches come summertime or apples in the fall.

FILLING

- 1½ pounds strawberries, hulled and quartered
- ⅓ cup granulated sugar
- 1 tablespoon cornstarch
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- Pinch of salt

CRUST

- 1½ cups all-purpose flour
- 1 cup white whole-wheat flour
- ¾ cup granulated sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- 6 tablespoons cold unsalted butter, cubed
- 1 large egg, lightly beaten
- 2 tablespoons canola oil
- 2 tablespoons ice water
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract

1. Preheat oven to 375°F. Coat a 9-by-13-inch baking pan with cooking spray. Line with parchment paper, leaving about 1 inch overhanging the long sides. Coat the parchment and short sides with cooking spray.

2. To prepare filling: Combine strawberries, ⅓ cup sugar, cornstarch, lemon juice, 1 teaspoon vanilla and a pinch of salt in a medium saucepan. Cook over medium heat, stirring frequently, until the berries begin to break down and the mixture is thickened, about 10 minutes. Remove from heat.

3. To prepare crust: Combine all-purpose flour, whole-wheat flour, sugar, baking powder and salt in a food processor; pulse until combined. Add butter; pulse until well incorporated. Lightly beat egg, oil, ice water, vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor. Pulse, scraping down the sides if necessary, until it begins to clump together, 30 to 45 seconds (it will look crumbly). Measure out 1 cup for the topping. Press the remaining mixture into the prepared baking pan to form a bottom crust.

4. Pour the strawberry mixture over the crust, spreading evenly. Sprinkle the reserved crust mixture on top.

5. Bake until the top is lightly browned, about 40 minutes. Transfer the pan to a wire rack and let cool for 15 minutes. Use the parchment to lift out the bars and transfer to a cutting board. Cut into 15 pieces. Let cool completely before serving, about 25 minutes more.

SERVES 15: 1 bar each

Cal 208 **Fat** 7g (sat 3g) **Chol** 25mg **Carbs** 34g **Total sugars** 17g (added 15g) **Protein** 3g **Fiber** 2g **Sodium** 93mg **Potassium** 97mg.

STYLING: CYD MCDOWELL (FOOD), RAINA KATTELSON (PROPS)

Brooke Siem *(left)* learns to make Quadradinhos de Laranja with Isabel *(center)* and Alice *(right)* in Lisbon.

The Grandmother Project

Chef Brooke Siem shares recipes for sweets from some of the most seasoned hands around the world.

Story & location photography by
Brooke Siem

Recipe photography by
Penny De Los Santos

From the time I could chew, I spent afternoons in a double-wide trailer with my mother's first husband's mother, a diminutive woman named Ellie who cared for me as if I were her flesh and blood. She always set out the same spread for lunch: flat-iron grilled cheese made with white bread and a single slice of American cheese, dill pickles, salty chips and ice-cold well water.

Isabel's Quadradinhos de Laranja

When I think of Lisbon, the first thing I see in my mind is a splash of yellow. Yellow buildings around every corner, yellow wooden trams snaking their way through narrow cobblestoned streets, and in every window of every pastry shop, a display of yellow-hued sweets.

I asked Isabel about the curious confectionery color palette as she brushed flour off her grandmother's worn, leather-bound recipe book. "It is because of the Catholicism," she said in heavily accented but spunky English. "Many, many years ago, like in the 15th and 16th century, the nuns used the egg whites to starch the wimples [head coverings worn by nuns]. So they used the yolks and lots of sugar in the sweets."

Though Isabel's recipe does use egg whites, she wasn't kidding about the sugar. Her recipe for quadradinhos de laranja, or "little squares of orange," calls for nearly a pound. Meant to be served at teatime, the light, springy cake is certainly sweet, but it is balanced out by fresh orange juice and lots of zest that add some tang to the final product.

Recipe on page 87.

Year after year, I sat at that checkered-cloth-covered table in Reno, Nevada, and listened to Ellie's stories about arriving at Ellis Island from Italy, raising her 11 younger siblings during the Great Depression and dealing blackjack at the once-famous Harolds Club casino for the likes of Sammy Davis Jr.

That was my introduction to the link between cooking and storytelling, and discovering the tales behind recipes has been the driving force of my career ever since. After attending the Institute of Culinary Education, and then co-founding a Manhattan bakery, a win on the hit Food Network show *Chopped* in 2016 helped me fund a year-long trip around the world. Instead of spending my mealtimes in restaurants as I traveled, I decided to return to the home kitchen. I missed the warmth of Ellie's table, and how a simple meal and conversation filled my soul. The Grandmother Project was born.

Across nine countries on four continents, I sought out grandmothers willing to share their stories, their kitchens and their recipes. I met these women through friends of friends, extended family and kind strangers. Sometimes I needed translators, sometimes I didn't. We gathered around stoves and talked about love and loss, hardship and grace. Each time, I was reminded of the power of preparing food with others. It is more than a means to nourishment. It's an expression of love that transcends borders. Here are some of my favorite memories from that year abroad, and the delicious desserts we prepared together.

BROOKE SIEM *is a chef and writer based in Reno, Nevada. Follow her on Instagram @brookesiem.*

Grazia's Castagnaccio

"Enough is the right amount," said Grazia (*above left, with the author*) after sifting a generous portion of chestnut flour into a bowl for her castagnaccio, a chestnut cake originally created by peasants who relied on the bountiful chestnuts found all throughout the hills of northern Italy. Chestnuts, called "castagne" in Italian, reach their peak in October and November. They're harvested en masse, dried, and milled into flour to be used year-round.

Castagnaccio is a staple in Grazia's house throughout the chestnut season. Her husband, Gabriel, loves the slightly sweet cake so much that she makes it almost every night in the fall.

The recipe is straightforward, with minimal ingredients, but the toasted pine nuts, plump raisins and fresh rosemary combine with the chestnut flour to create a complex flavor and a firm, chewy texture that's unlike anything else. The chestnut flour creates a silky yet firm torte that's rich without being heavy.

Castagnaccio (Chestnut Cake)

ACTIVE: 20 min **TOTAL:** 1 hr 10 min
TO MAKE AHEAD: Store covered at room temperature for up to 4 days.

Sweets not your thing? This cake is almost savory, flavored with rosemary and pine nuts, and gets just a touch of sweetness from plumped raisins, with no added sugar. Chestnut flour tends to clump together, so for the best texture don't skip the sifting step.

- **2 tablespoons fine dry breadcrumbs**
- **½ cup raisins**
- **2½ cups warm water, divided**
- **4 cups chestnut flour** *(see Tip, page 102)*
- **1 teaspoon salt**
- **¼ cup extra-virgin olive oil, plus 2 teaspoons, divided**
- **4 tablespoons pine nuts, toasted, divided**
- **2 tablespoons coarsely chopped fresh rosemary**

1. Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Sprinkle with breadcrumbs and tilt and turn to coat the pan. Shake out the excess.

2. Place raisins in a small bowl and cover with ½ cup warm water. Let plump for 10 minutes.

3. Meanwhile, sift chestnut flour and salt into a large bowl. Stir in the remaining 2 cups water and ¼ cup oil. (The batter will be thick yet pourable, like melted peanut butter.) Drain the raisins and stir them into the batter, along with 2 tablespoons pine nuts. Scrape the batter into the prepared pan. Sprinkle with rosemary and the remaining 2 tablespoons pine nuts and gently press them into the batter. Drizzle with the remaining 2 teaspoons oil.

4. Bake the cake until it is firm and the surface is crackly, 35 to 40 minutes. Let cool in the pan for 10 minutes, then turn out onto a wire rack until cool enough to slice. Serve warm or at room temperature.

SERVES 12: 1 slice each
Cal 194 **Fat** 9g (sat 1g) **Chol** 0mg **Carbs** 28g **Total sugars** 12g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 212mg **Potassium** 67mg.

Liba's Koláče

No experience better represents the spirit of The Grandmother Project than my time with Liba in the small town of Týnec, Czech Republic. Fluent in French, English and her native Czech, Liba was born at the tail end of World War II and spent most of her life living under communist rule.

Liba taught me to make poppyseed koláče, a Czech pastry with a lemon-poppy seed center, on a bitter-cold January day. We shaped enriched dough and set it over the cast-iron stove to rise while she recounted stories of standing in line for bananas, of smuggling in French textbooks and what it was like living through the existence and falling of walls. With much of the world on the precipice of political change, it was an apt time to look back at history and think about the implications of such separation. Because, as Liba said, "It is easy to build walls. But to destroy them is much more difficult."

Czech Poppy Seed Koláče

ACTIVE: 1 hr 5 min **TOTAL:** 2¾ hrs

TO MAKE AHEAD: Freeze cooled koláče airtight for up to 1 month.

EQUIPMENT: Parchment paper

To create the signature, even indentation in each koláče (pronounced "ko-la-chay"), Liba uses a 100-gram weight, about 1¼ inches in diameter. Anything round and just a touch smaller than the balls of dough works, like the bottom of a glass spice jar. Dust it with flour before using to prevent sticking. We adapted the recipe with half whole-wheat flour.

DOUGH

- **1¼ cups low-fat milk**
- **2 ¼-ounce packages active dry yeast (1½ tablespoons)**
- **1 tablespoon granulated sugar**
- **3 large egg yolks, room temperature, plus 1 large egg mixed with 1 tablespoon water for egg wash, divided**
- **4 tablespoons (½ stick) unsalted butter, melted and cooled to room temperature**
- **¼ cup canola oil**
- **2 cups white whole-wheat flour**
- **2 cups all-purpose flour**
- **⅓ cup confectioners' sugar**
- **2 teaspoons kosher salt**
- **Zest of 1 lemon**
- **⅓ cup lard, melted and cooled to room temperature**

FILLING

- **1 cup low-fat milk**
- **1 cup poppy seeds**
- **2 teaspoons all-purpose flour**
- **2 teaspoons honey**
- **Zest of 1 lemon**

1. To prepare dough: Heat 1¼ cups milk in a small saucepan over medium-high heat until steaming. Let cool until about 110°F. Stir in yeast and granulated sugar. Set aside until frothy, about 10 minutes.

2. Meanwhile, place egg yolks in a medium bowl. While whisking the yolks, gently stream in melted butter and oil.

3. Combine whole-wheat flour, 2 cups all-purpose flour, confectioners' sugar, salt and lemon zest in the bowl of a stand mixer fitted with a dough hook or in a large bowl. Add the yeast and yolk mixtures, then beat until the dough pulls away from the sides of the bowl and forms a ball, 3 to 5 minutes with a stand mixer or 10 to 15 minutes by hand.

4. Slowly add lard and mix until all the lard is incorporated and the dough no longer sticks to the bowl, 3 to 5 minutes. Cover the bowl with plastic wrap and let the dough rise in a warm place until doubled in size, about 1 hour.

5. Meanwhile, prepare filling: Mix milk, poppy seeds, flour, honey and lemon zest in a small saucepan. Cook over medium heat, stirring occasionally, until bubbly and thickened, 8 to 10 minutes. Remove from heat and let cool completely, about 1 hour.

6. Line 3 baking sheets with parchment paper. Turn the dough out onto a floured surface. Use a knife to slice off walnut-size chunks. Flatten each with your palm, then fold the edges under to create a tight ball. Arrange the balls, seam-side down, on the prepared baking sheets, about 2 inches apart. Cover with plastic wrap and let double in size, 30 to 40 minutes.

7. Preheat oven to 375°F.

8. Dust the bottom of a small spice jar (or other similar-size object) with flour and use it to press a large indentation into the middle of each koláče, leaving about a ¼-inch lip. Brush with egg wash. Fill each indentation with the filling.

9. Bake the koláče until puffy and lightly golden, 10 to 12 minutes. Transfer to a wire rack to cool, about 10 minutes.

MAKES: 56 koláče *(analysis per piece)*

Cal 84 **Fat** 5g (sat 1g) **Chol** 15mg **Carbs** 9g **Total sugars** 2g (added 1g) **Protein** 2g **Fiber** 1g **Sodium** 75mg **Potassium** 42mg.

Budin de Pan (Bread Pudding)

ACTIVE: 20 min **TOTAL:** 1 hr 20 min

The caramel for this pudding is made directly in the pan you bake it in (one less dish to wash!), so you'll need a metal cake pan or pie plate. Sofy uses Wonder Bread, but any soft white sandwich bread will produce luscious results.

- **¾ cup granulated sugar plus ½ cup, divided**
- **3 large eggs, lightly beaten**
- **1½ cups reduced-fat milk**
- **1 cup reduced-fat sour cream**
- **10 ounces soft white sandwich bread, cubed (6 cups)**
- **2 teaspoons vanilla extract**

1. Preheat oven to 350°F. Put a kettle of water on to boil for the water bath.

2. Add ¾ cup sugar to a 9-inch metal cake or pie pan (not nonstick) and place it directly on a stovetop burner at medium heat. Hold the pan with tongs and tilt and rotate as the sugar melts. Cook until the sugar is dissolved completely and the syrup just starts to turn a light golden brown, 4 to 5 minutes. Let cool while you prepare the batter.

3. Combine eggs, milk, sour cream, bread, vanilla and the remaining ½ cup sugar in a blender. Blend until smooth. Pour the batter over the caramel and cover the pan with foil.

4. Place the pan in a larger baking pan. Pour in enough boiling water to come halfway up the sides of the cake or pie pan. Carefully transfer the baking pan to the oven. Bake until the pudding is springy to the touch, about 1 hour.

5. Remove the pudding from the water bath, uncover and immediately run a knife around the edge. Place a serving plate upside-down on it, then invert the pudding onto the plate. Spoon any remaining caramel over the top. Let cool slightly, about 10 minutes. Serve warm or at room temperature.

SERVES 12: 1 slice each

Cal 206 **Fat** 5g (sat 2g) **Chol** 57mg **Carbs** 35g **Total sugars** 24g (added 21g) **Protein** 5g **Fiber** 1g **Sodium** 166mg **Potassium** 117mg.

Sofy's Budin de Pan

Argentina was the last country I traveled to during my year abroad, and finding a grandmother proved difficult. After six weeks of empty leads, I turned to Reddit as a last resort. A college student in Washington, D.C., caught my post on r/BuenosAires and messaged her Argentinian grandmother, Sofy.

We first met at a Starbucks, and any nerves we each had were squashed within moments. Sofy spoke English, and soon we were chatting and laughing like old friends. The next day, I went to her home to make budin de pan, Argentina's take on bread pudding.

Budin de pan was originally created when food was scarce and leftovers were not to be wasted. A loaf of day-old bread goes into a blender along with eggs, sour cream, milk, sugar and vanilla. The custard gets poured over a layer of hard caramel, and bakes in a water bath. The final product tastes like a magical mashup of French toast, cheesecake and flan, and according to Sofy, is best served with a cup of coffee and a dollop of dulce de leche.

Ratachanee's Khanom Tom

The Thai island of Koh Phangan is small, just 48 square miles. A single road traces the western perimeter, with most of the island's hullabaloo clinging to its edge. Just off the street, in an area called Srithanu, Ratachanee spends her days munching on betel quid, a similar pastime to the ritual of chewing tobacco, and selling coffee drizzled with sweetened condensed milk.

It is an unhurried life, and one I didn't learn much about. Even with a translator, Ratachanee didn't say a lot. Instead, she showed me how to prepare khanom tom, a Thai dessert made from glutinous rice flour, fresh coconut and caramelized palm sugar, through a series of gestures. As we stood together, flattening disks of dough and rolling sticky balls of coconut, I wondered if I was intruding, if I'd asked too much of a stranger who was just trying to live her life.

But right as I was getting set to leave, I turned to thank Ratachanee for her time. She had tears in her eyes and a slight smile on her face. I asked my translator if she was OK, worried that something had gone wrong.

After their exchange, the translator turned to me. "Ratachanee says that she is very shy, and that she was nervous about having you here. Then she told me that normally, she has three children. But today, she had four."

Preparing food with others is more than a means to nourishment. It's an expression of love that transcends borders.

Khanom Tom (Coconut Balls)

ACTIVE: 45 min **TOTAL:** 45 min
TO MAKE AHEAD: Store airtight at room temperature for up to 1 day. Steam to reheat.
This recipe is all about coconut. First, skip the preshredded stuff (the filling won't hold together with it) and get yourself to the produce department for a fresh one. Look for a coconut with a brown husk (rather than one with a white fibrous exterior, often labeled "young Thai" coconut.) Brown-husked coconuts have firmer flesh that's easier to shred.

- **⅓ cup palm sugar *(see Tip, page 102)* or brown sugar**
- **1 tablespoon water plus ½ cup, plus more if needed**
- **1½ cups finely shredded fresh coconut *(see Tip, right)*, divided**
- **1¼ cups glutinous rice flour *(see Tip, page 102)*, plus more for dusting**

1. Put a large pot of water on to boil.
2. Heat sugar and 1 tablespoon water in a small saucepan over medium-high heat until the sugar has dissolved, 1 to 2 minutes. Add ½ cup coconut and cook, stirring frequently, until the coconut has absorbed most of the syrup and the syrup has darkened, 2 to 3 minutes. (Watch carefully as this can burn very quickly.) Immediately transfer the caramelized coconut to a bowl to cool.
3. Combine rice flour and the remaining ½ cup water in a medium bowl and knead into a soft dough. It should be slightly tacky but not wet, similar to Play-Doh. If necessary, add water, a tablespoon at a time, to get the right consistency. Cover with plastic wrap and let rest.
4. Dust a work surface with more rice flour. Using about 1 teaspoon each, shape the still-warm filling into 24 balls. Then pinch off a 1-inch chunk of the dough and flatten it into a disk about ¼ inch thick. Place a coconut ball in the center and pinch the dough around it. Roll between your palms to create a round dumpling and seal the seams. *(See step-by-step photos, page 102.)* Place the khanom tom on the flour-dusted surface. Repeat with the remaining dough and filling.
5. Spread the remaining 1 cup coconut in a shallow dish. Working in 2 or 3 batches, gently drop the khanom tom into the boiling water and cook until they float to the surface, 4 to 5 minutes. Remove with a slotted spoon to the shallow dish and immediately roll in the coconut. Transfer to a wire rack or plate.
MAKES: 20 khanom tom *(analysis per piece)*
Cal 66 **Fat** 2g (sat 2g) **Chol** 0mg **Carbs** 12g **Total sugars** 4g (added 4g) **Protein** 1g **Fiber** 1g **Sodium** 4mg **Potassium** 24mg.

TIP: To shred fresh coconut, use a clean screwdriver or drill to make holes in several of the "eyes" (indentations in the coconut shell). Drain the liquid and reserve for another use. Tap the coconut all over with a hammer until it splits open. (If the coconut does not break easily, bake at 375°F for 20 to 25 minutes. Let cool and tap again.) Pry the coconut meat from the shell with a blunt knife. Peel away the thin brown skin with a vegetable peeler. Shred the coconut meat using a box grater or food processor shredding disk. One coconut yields 3 to 4 cups shredded coconut.

Quadradinhos de Laranja (Little Squares of Orange)

ACTIVE: 35 min **TOTAL:** 1¼ hrs
EQUIPMENT: Parchment paper
Orange lovers rejoice! This cake is packed with sunny flavor thanks to loads of zest plus it's drenched with orange syrup after coming out of the oven. Tightly wrap any leftovers with plastic wrap to prevent them from drying out. We added a touch of whole-wheat flour to help balance the sweetness. (Photo: page 81.)

- **½ cup white whole-wheat flour**
- **½ cup all-purpose flour**
- **1 teaspoon baking powder**
- **¼ teaspoon salt**
- **4 large eggs, separated, divided**
- **1¼ cups granulated sugar plus ⅓ cup, divided**
- **8 tablespoons (1 stick) unsalted butter, at room temperature**
- **Zest of 2 oranges plus ⅓ cup orange juice, divided**

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray. Line with parchment paper, leaving about 1 inch overhanging the long sides. Coat the parchment with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, baking powder and salt in a medium bowl.
3. Beat egg whites in the bowl of a stand mixer with the whisk attachment, or in a large bowl with an electric mixer, on low speed until the whites begin to froth, about 1 minute. Increase the speed to medium and beat until foamy and doubled in size, about 1 minute. Increase speed to medium-high and beat until stiff peaks form, 1 to 2 minutes more. Transfer the egg whites to a clean bowl and set aside.
4. Wash and dry the mixing bowl (if using a stand mixer, switch to the paddle attachment). Beat 1¼ cups sugar and butter in the bowl on medium speed until creamy, 3 to 4 minutes. Add egg yolks one at a time, mixing well after each addition. Beat in orange zest, scraping down the sides as needed. With the mixer on low speed, add the flour mixture, one-third at a time, beating until just combined.
5. Using a flexible spatula, gently fold the egg whites into the batter. Pour the batter into the prepared pan and spread into an even layer.
6. Bake until the cake is light golden and the top springs back when touched lightly, 25 to 35 minutes.
7. Meanwhile, combine orange juice and the remaining ⅓ cup sugar in a small bowl. Stir until the sugar is dissolved.
8. While the cake is hot, brush with the orange syrup. Let cool for 15 minutes. Lift the cake out of the pan with the parchment and transfer to a cutting board. Cut into 1½-inch squares.
MAKES: 48 squares *(analysis per piece)*
Cal 59 **Fat** 2g (sat 1g) **Chol** 21mg **Carbs** 9g **Total sugars** 7g (added 7g) **Protein** 1g **Fiber** 0g **Sodium** 26mg **Potassium** 12mg.

To read about how Brooke Siem uncovered a 70-year-old family grudge baked into a birthday cake, scan this smart code with your phone's camera.

STYLING: NORA SINGLEY (FOOD), MEGAN KRIEMAN (PROPS)

A NEW ROUTE FOR PEPPER

BY MAX FALKOWITZ

RECIPES BY ANDREA NGUYEN

Opposite: Farmer Võ Ngọc Dũng and Ori Zohar, co-founder of Burlap & Barrel, harvesting peppercorns in Vietnam.

These changemakers are proving that spices, especially when sourced with care, may deserve a deeper appreciation.

LOCATION PHOTOGRAPHY BY ETHAN FRISCH

RECIPE PHOTOGRAPHY BY RYAN LIEBE

Once Dũng *(left)* and Thành's peppercorns are hand picked, they're sorted, washed and spread out in the sun—by Thành's mother, shown here—to dry. They've since built a greenhouse for this purpose.

Võ Ngọc Dũng and Vuong Huu Thành are trying out some new filters on our Facebook video call, grinning underneath cat ears and cowboy hats. Behind them, one of their pepper groves is soaking up Vietnam's midday sun. It looks less like a farm than the ruins of some ancient, space-faring civilization: evenly spaced pillars soar 20 feet into the air, every inch of them covered with climbing black pepper vines.

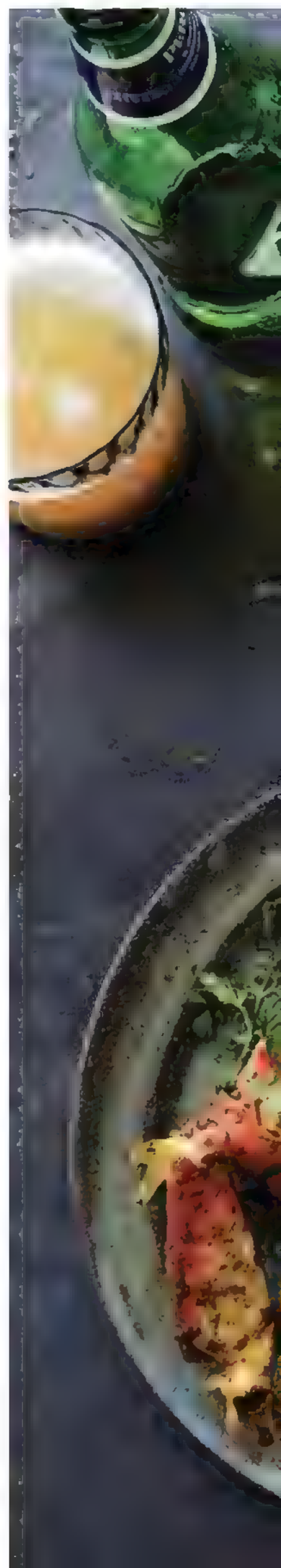
Pepper is a vining fruit, you see, that grows in clusters, like grapes. And despite their youth (Dũng is 25, Thành, 32) and affinity for those cat ears, the two farmers take care of these vines with the dedication of Bordeaux vintners. The central highland of Vietnam is an agricultural region known for low-cost commodity crops; think the kind of black pepper that comes in tiny paper packets and destined-for-instant coffee. However, Dũng and Thành—who like to go by their given names—are growing some of the best peppercorns in the world.

They bring their phones over to the vines to give me a close-up look at some new growth. Ethan Frisch, who's also on the line, cuts in: "Most peppercorns are picked green and unripe, when they're harder and more resilient to damage during processing. These get ripened on the vine and have a less sharp, nuanced flavor," he explains. Frisch is the co-founder of a boutique direct-to-consumer spice company called Burlap & Barrel, which carries Dũng and Thành's single-origin pepper as a year-round bestseller. "It's tricky," he continues, "because they ripen at different rates and the birds try to eat them, but they develop a lot of sweetness."

Other than growing the same crop as their neighbors, Dũng and Thành's pepper operation—which uses organic, regenerative agricultural practices designed to put something back into the environment—couldn't be more different from that of the other farms in Dak Lak. The towering monoliths hoisting the pepper vines skyward are actually trimmed trees that nourish the growing peppercorns and return nitrogen to the soil, making the land healthier and more productive.

Most growers in the region use stacks of cinder blocks instead—more convenient, but agriculturally inert. Rather than relying on chemical pesticides and fertilizers, Dũng and Thành use chickens and ducks to eat bugs and other crop nuisances and to provide nutrient-rich manure. And while nearby farmers typically plant commercial cultivars of pepper from India, they grow local heirloom varieties, as well as coffee and chiles, because they believe that increasing biodiversity on the farm improves the pepper vines' growth.

The resulting black pepper is to most others what bean-to-bar craft chocolate is to Halloween candy. When you crack it



open, you find flavors you never thought could lurk in a peppercorn. Baked plums. Fresh strawberries. An irresistible pungency and heat chased with that natural sweetness Frisch talked about.

Twenty years ago, black pepper of this quality would have been nigh impossible to grow for sale. It would have been too low-yield, too expensive, too niche to import. Most local customers wouldn't be able to afford it, and international buyers would have no way to get their hands on it. Spices are like corn and wheat—they're commodity crops. Beautiful, distinctive, break-the-mold flavors are an anomaly—not a feature—of that system.

But decades after the start of the slow food revolution, the system is finally starting to change. With the help of smartphones and social media, spice farmers around the world like Dũng and Thành are finding ways to grow and sell their products outside of the supply chains that have dominated the global spice trade since its inception. "Modern technology has opened things up in such an important way. It allows growers who are doing things differently—farming organically, prioritizing flavor—to connect directly with us, as well as the buyer," says Frisch. And companies like Burlap & Barrel are giving regular home cooks access to these spices.

Straight to the Source

Frisch and Burlap & Barrel's other co-founder, Ori Zohar, met Dũng and Thành through a mutual Vietnamese friend obsessed with regenerative agriculture, who found the pair on an online farmers' message board. Before they even tasted their pepper, Frisch and Zohar were impressed by Dũng and Thành's demonstrable passion and photos of their farm. "You could see the thoughtfulness, their intentionality ..." Frisch muses. "The people who wind up making the best partners are the ones who are so strongly opinionated about what they grow," Zohar jumps in. (They have a habit of finishing each other's sentences.)

Frisch and Zohar launched Burlap & Barrel in 2016 to do for spices what craft coffee and chocolate importers have done for coffee and cacao. Frisch, a chef and former aid worker, had an address

BLACK PEPPER CRAB, p.96

SPICE-CRUSTED ROASTED POTATOES, p.96

book fat with agricultural contacts from his development work overseas with organizations like the Aga Khan Foundation in Afghanistan. Zohar is a marketer who got his startup sea legs in Silicon Valley. He was also the numbers and logistics guy behind Guerrilla Ice Cream, a venture with Frisch that sold flavors inspired by global revolutions and donated its profits to an advocacy group for New York City street vendors. This is how I first met the duo, and where I must admit to some partiality; we've been friends and on-and-off collaborators—I participated in Burlap & Barrel's initial all-volunteer advisory group—for about a decade.

All of their spice purchases begin with a personal visit to the farm. Their first meeting with Dũng and Thành was more or less a side quest on a trip to build contacts and import Vietnamese star anise and cinnamon. "We showed up to this incredible lunch where they'd just butchered a chicken," Frisch says. "Then we picked peppercorns for four hours with them." Dũng and Thành showed them how they run the fresh peppercorns through a small electric augur to sort out the stems and leaves, then briefly wash them in cauldrons on a coal-fired stove before setting them out in a greenhouse to dry. "You want to use as little heat as possible," Frisch explains, "to dehydrate the peppercorns while maintaining the integrity of their flavor."

Currently, Burlap & Barrel is working with 300 farms in 15 countries, including Guatemala (their source for cardamom, annatto and ground black lime), Tanzania (cloves, vanilla beans and cinnamon tree leaves) and Egypt (hibiscus, fennel and coriander). "In different countries, we keep meeting these incredible entrepreneurs who are just waiting for the right partner with a similar worldview to do their work on a greater scale," says Zohar. "It's farmers who care so deeply about their cardamom or pepper that they just want people to taste it," Frisch continues.

Frisch and Zohar help guide their farmers through the bureaucratic hoops of becoming their own processors and exporters. By cutting out the middlemen of the conventional spice supply chain, they're able to offer them a premium to secure their best harvests. "We pay six times the fair-trade price for our turmeric," Frisch says of their organic partner in the south Indian state of Karnataka. "That's 15 times the commodity price." Dũng and Thành earn up to 8 times the commodity price for their pepper.

It's a financial difference that obviously matters, but Frisch contends that "the real value is in farmers knowing where their products are going." On his last trip to Guatemala, he brought one of their growers, Amilcar Pereira, Burlap & Barrel jars of the farmer's own cardamom—and walked him through how they label, market and price his product. "This is a fundamental change to the paradigm of the spice trade," says Frisch.

The Traditional Trade

It's difficult to tell just by looking at the jars in your supermarket's spice aisle, but just a few companies command nearly the entire $6.2 billion North American spice market. These companies don't grow spices. Rather, they make contracts with suppliers. Some of them act purely as exporters, others are also processors that prepare the spices for whatever parameters the major companies asked for. Little about these parameters has changed over hundreds of years—spice "grades" are mainly functions of size, color and occasionally percentages of an active ingredient, like the curcumin in turmeric.

The people growing these spices are many layers removed from all of this, and most of them work on tiny family farms. A host of collectors and packers will buy their harvest at whatever the current market price is, with little room for negotiation. Those aggregators then deliver mixed lots of spices (versus single-origin) to the suppliers contracted by the major spice buyers.

Why are spices typically bought and sold this way? In part, because they always have been. "Between the time of the Pharaohs and the middle of the 19th century, the only things about the

global spice industry that changed were the type of sailing ship and the compass," says Mark Barnett, a lifelong spice merchant and one of the operators who helped grow Vietnam's spice export business from a drop in the bucket to a significant player. As he puts it, while the market industrialized, the trade routes, standards and working conditions more or less stayed the same until recently. He's among those in the commodity game who have spent decades working to change that system—both the spices themselves, and the incomes of the farmers who grow them.

When Barnett began working with Vietnamese spice suppliers in the early 1990s, there were few standards on exports, and even fewer incentives to produce a better product. The global market just wasn't that interested in high-quality black pepper and cinnamon, two crops that thrive in the nation's tropical jungles. But he saw promise in Vietnamese *Cinnamomum cassia*, a variety that's hotter and spicier (imagine Big Red chewing gum) than the "true" Ceylon *C. zeylanicum*, native to Sri Lanka. "The underlying quality of the cinnamon was unique, but the quality assurance was nonexistent," Barnett explains. Shipping containers arrived full of mold, and suppliers weren't above wooing buyers with one lot of spices, then selling them something lower-tier.

Over the course of a 20-year contract with the Vietnamese government, Barnett and his colleagues in the industry developed a more efficient supply chain focused on higher-quality spices and organic farming methods. "We took a couple of layers out of the supply chain—traders from Hong Kong and Singapore—and Vietnam moved up the chain itself," he says, noting that when he first came to Vietnam, cinnamon and black pepper farmers only received about 10% of the export price of their crops (not to be confused with the much higher retail price). Today, that figure is closer to 70% or 80% across the Vietnamese pepper industry, and Barnett says he's proud of the progress made in the commodity trade system.

Looking Ahead

The past five years have seen a boom of boutique spice companies that are taking that progress even further. Many are almost monastic in their focus, such as Fly By Jing, a Chinese American startup that focuses on superlative jarred chili crisp, red chiles and tingly Sichuan peppercorns, all from Sichuan Province. Then there's Diaspora Co., which for years specialized in a single earthy, fragrant turmeric before adding a half-dozen other spices, all from its founder's home country of India. "This is a scrappy kind of entrepreneurship," says Zohar. "You're meeting farmers who are building generational businesses. It takes 20 years to grow a cinnamon tree for harvest. You have to take a steady hand; you can't just grow your company 10 times year-over-year."

Most of these spice companies have bypassed the American supermarket in favor of direct-to-consumer online sales and platforms that allow them to create lasting relationships with customers and to get a sense of how they use their spices. Burlap & Barrel runs a community fan page on Facebook with more than 4,000 members. They're ardent spice fans, the kind who buy out releases of new Burlap & Barrel offerings within minutes, sharing recipes and cooking tips with each other. But a few are partner farmers themselves, including Dũng and Thành, who enjoy posting snapshots of daily life on their farm and commenting on photos of dishes that use their pepper. Thanks to their smartphones, Frisch says, "This is the first time in the history of the spice trade that a farmer who grows the pepper can communicate directly with the person who is cooking with it."

MAX FALKOWITZ *is a food and travel writer for publications including* The New York Times *and* Grub Street.

STYLING: JUDY KIM (FOOD), PAIGE HICKS (PROPS)

Direct-to-You Spices

These 5 companies are obsessed with quality, flavor and sustainable sourcing.

Burlap & Barrel Unique and heirloom spices sourced directly from 300 farms in 15 countries. *burlapandbarrel.com*

Frontier Co-op This 40,000-member co-op supports sustainable agriculture efforts around the world and offers a wide range of organic herbs, spices, supplements and teas. *frontiercoop.com*

Curio Spice Co. With a Cambridge, Massachusetts, storefront as inviting as a steampunk apothecary, this direct-trade shop specializes in spice blends, as well as more than 140 whole and ground spices, herbs, chiles and finishing salts. *curiospice.com*

Diaspora Co. This online shop, founded by a Mumbai native, has a laser focus on India's spices—including an heirloom variety of turmeric and fiery chiles. *diasporaco.com*

Fly by Jing Jarred Sichuan-style chili crisp is the focus of this online retailer, but it also carries a small selection of high-quality Chinese spices, like Sichuan peppercorns that'll leave your tongue tingling for hours. *flybyjing.com*

MARBLE SPICE BUNDT CAKE, p.87

Black Pepper Crab

ACTIVE: 30 min **TOTAL:** 30 min
EQUIPMENT: Nutcracker

Black pepper amplifies crab's briny sweetness in this Singapore favorite. Use the freshest crab possible, and enjoy with lots of cold beer and have plenty of napkins handy. Snow or king crab legs may be substituted for Dungeness. (Photo: page 91.)

- 2 cooked Dungeness crabs (3-3½ pounds total), cleaned and quartered
- 3 tablespoons black peppercorns
- 4 large cloves garlic, coarsely chopped
- 1 chubby 2-inch knob fresh ginger, peeled and thinly sliced
- 2 teaspoons ground turmeric
- 2 tablespoons water plus ¾ cup, divided
- 2 tablespoons oyster sauce
- 2 teaspoons fish sauce
- 1 teaspoon granulated sugar
- 3 tablespoons grapeseed *or* canola oil
- Chopped fresh cilantro for garnish

1. Pull legs and claws off crabs, then use a nutcracker to crack them at the joints. Discard any bits of shell that come flying off. Pile the legs, claws and body sections on a plate.
2. Pulse peppercorns in a mini food processor until coarsely ground. Transfer to a small bowl. Add garlic, ginger, turmeric and 2 tablespoons water to the food processor and process until a coarse paste forms. Return the crushed pepper and pulse to combine. *(Alternatively, pound the aromatics with a mortar and pestle, adding the water gradually.)*
3. Stir the remaining ¾ cup water, oyster sauce, fish sauce and sugar in a small bowl to combine. Set near the stove, along with the crabs and the seasoning paste.
4. Warm oil in a large flat-bottom wok or large pot over medium-low heat. When hot enough to gently sizzle a bit of the seasoning paste, scrape in all the paste. Cook, stirring frequently, until fragrant and the oil starts separating from the paste, 3 to 5 minutes.
5. Add the sauce mixture to the pan, then increase the heat to high. When the mixture begins to bubble, dump in the crab. Stir-fry until the crab is heated through and coated evenly with the seasoning paste, 3 to 5 minutes. Remove from heat and stir in cilantro, if using. Arrange the crab on a large platter and serve immediately.

SERVES 4: 6 oz. (with shells) each
Cal 205 **Fat** 11g (sat 1g) **Chol** 65mg **Carbs** 5g **Total sugars** 1g (added 1g) **Protein** 20g **Fiber** 0g **Sodium** 807mg **Potassium** 416mg.

Pork Satay with Spicy Sweet Soy Dipping Sauce

ACTIVE: 30 min **TOTAL:** 1½ hrs (including 1 hr marinating time)
TO MAKE AHEAD: Marinate pork (Steps 1-2) overnight. **EQUIPMENT:** 4 metal or bamboo skewers

Freshly grinding the spices yields a much tastier pork satay. Indonesian sweet kecap manis soy sauce is typically called for in this dipping sauce, but can be hard to find. Here, we spice up tamari or soy sauce and molasses for a similar flavor. (Photo: page 1.)

- 1 tablespoon coriander seeds
- 1½ teaspoons cumin seeds
- ½ teaspoon fennel seeds
- ¼ cup chopped shallot
- 3 tablespoons chopped lemongrass
- 3 tablespoons canola oil, divided
- 1 tablespoon light brown *or* coconut sugar
- ½ teaspoon ground turmeric
- ½ teaspoon salt
- ½ teaspoon water
- 1¼ pounds pork shoulder, trimmed and cut into ¾-inch chunks
- 2 tablespoons molasses *or* honey
- 2 tablespoons low-sodium tamari *or* soy sauce
- 2 tablespoons lime juice, plus lime wedges for serving
- 1 small Fresno *or* jalapeño pepper, seeded and chopped
- 2 Persian cucumbers, thickly sliced diagonally
- Chopped fresh cilantro for garnish

1. Grind coriander, cumin and fennel seeds in a mini food processor to a fine texture, about 1 minute. Transfer ¼ teaspoon of the mixture to a small microwave-safe bowl. Add shallot, lemongrass, 1½ tablespoons oil, sugar, turmeric, salt and water to the food processor. Process, scraping down the sides as needed, until a coarse paste forms. *(Alternatively, crush the spices and aromatics with a mortar and pestle.)*
2. Place pork in a medium bowl, scrape the seasoning paste onto it and massage to coat well. Cover and refrigerate for 1 hour or overnight.
3. Meanwhile, add molasses (or honey) and tamari (or soy sauce) to the reserved ¼ teaspoon spice mix. Microwave on High until bubbling, 15 to 30 seconds. Let cool for 5 minutes. Stir in lime juice and Fresno (or jalapeño) pepper.
4. Preheat grill to medium-high.
5. Divide the pork among 4 metal or bamboo skewers, pressing the pieces together to form a column. Brush the pork with the remaining 1½ tablespoons oil. Grill the skewers, turning occasionally, until an instant-read thermometer registers 145°F, about 6 minutes. Serve with the sauce and cucumbers. Garnish with lime wedges and cilantro, if desired.

SERVES 4: 3 oz. pork, 2 Tbsp. sauce & ½ cup cucumbers each
Cal 409 **Fat** 27g (sat 7g) **Chol** 86mg **Carbs** 18g **Total sugars** 11g (added 11g) **Protein** 24g **Fiber** 2g **Sodium** 700mg **Potassium** 535mg.

Spice-Crusted Roasted Potatoes

ACTIVE: 15 min **TOTAL:** 50 min
EQUIPMENT: Parchment paper

Inspired by Lebanese batata harra, these potatoes are coated in lots of spices before they're roasted. (Photo: page 92.)

- ½ teaspoon black *or* purple peppercorns
- ½ teaspoon garlic powder
- ½ teaspoon granulated sugar
- ½ teaspoon salt
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 2½ tablespoons extra-virgin olive oil
- ¾-1 teaspoon Silk, Marash *or* Aleppo chile flakes
- 1½ pounds yellow potatoes, scrubbed, patted dry and cut into 1¼-inch chunks
- ⅔ cup coarsely chopped fresh cilantro, parsley *and/or* dill

1. Position rack in center of oven; preheat to 425°F. Line a rimmed baking sheet with parchment paper.
2. Use a mortar and pestle to pound peppercorns to a semi-coarse texture. Transfer to a small bowl and mix in garlic powder, sugar and salt. Set next to the stove.
3. Lightly crush coriander and cumin seeds with the mortar and pestle. Transfer to a large skillet, add oil and cook over high heat, stirring frequently, until fragrant, about 1 minute. Add chile flakes and cook until the spices smell toasty, 5 to 10 seconds. Remove from heat and add potatoes. Gently stir to coat, then gradually stir in the pepper mixture. Transfer to the prepared baking sheet, spreading the potatoes in an even layer.
4. Roast the potatoes, stirring halfway through, until golden brown and tender, 30 to 35 minutes. Let cool for 5 minutes. Gently stir in herbs. Serve immediately.

SERVES 4: scant 1 cup each
Cal 226 **Fat** 9g (sat 1g) **Chol** 0mg **Carbs** 32g **Total sugars** 1g (added 1g) **Protein** 4g **Fiber** 3g **Sodium** 293mg **Potassium** 976mg.

Cacio e Pepe

ACTIVE: 25 min **TOTAL:** 25 min

When making this elemental Roman pasta, most people focus on the cheese (cacio), with purists arguing for youngish pecorino Romano. But the peppercorns (pepe) are also essential to this dish, so it's a great time to try a single-origin variety. Boiling down some reserved pasta-cooking water before mixing with the al dente spaghetti concentrates the starch for an even more luscious sauce. Look for a hard grating cheese made without rennet if you want to keep it truly vegetarian. (Photo: page 93.)

- 6 cups water
- ¾ teaspoon salt
- 8 ounces whole-wheat spaghetti
- 1 tablespoon canola oil
- 1 tablespoon extra-virgin olive oil
- 2½ teaspoons coarsely cracked black peppercorns, divided
- ½ cup finely grated pecorino cheese

1. Bring water to boil in a large pot over high heat. Add salt then pasta, pushing it into the water, if needed, to submerge. Cook, stirring occasionally, until just shy of al dente, about 9 minutes.

2. Meanwhile, heat canola oil, olive oil and 2 teaspoons pepper in a large nonstick skillet over medium-low heat until fragrant.

3. Ladle 1½ cups of the pasta-cooking water into the pan and reserve another ¼ cup; drain the pasta (do not rinse it).

4. Bring the peppery pasta-cooking water to a boil over high heat. Boil until reduced by nearly half, about 5 minutes. Reduce heat to medium and add the pasta. Using tongs, stir and toss to coat the pasta with the liquid. Sprinkle in cheese in 3 additions, tossing quickly to ensure even distribution and melting between each addition. Drizzle the pasta with the reserved ¼ cup pasta water and sprinkle with the remaining ½ teaspoon pepper. Serve immediately.

SERVES 4: 1 cup each

Cal 322 **Fat** 13g (sat 5g) **Chol** 15mg **Carbs** 43g **Total sugars** 2g (added 0g) **Protein** 12g **Fiber** 6g **Sodium** 464mg **Potassium** 271mg.

Are your spices fresh? Find out how to tell by scanning this code with your phone's camera.

Marble Spice Bundt Cake

ACTIVE: 20 min **TOTAL:** 2 hrs

TO MAKE AHEAD: Store, well wrapped, at room temperature for up to 2 days. **EQUIPMENT:** 10-inch (12-cup) Bundt pan, preferably nonstick

Unleash your artsy side when marbling the light and dark batters together. The latter is fragrant with loads of cinnamon, allspice, cloves and nutmeg and gets its color from molasses and espresso powder. (Photo: page 95.)

- 1⅓ cups all-purpose flour, plus more for dusting
- 1⅓ cups white whole-wheat flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- 4 large eggs, at room temperature
- 2 cups granulated sugar
- 1⅓ cups low-fat milk, at room temperature
- ½ cup (1 stick) unsalted butter, melted
- ⅓ cup canola oil
- ¼ cup molasses
- 2 teaspoons instant espresso powder *or* unsweetened cocoa powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves
- 1 teaspoon freshly grated nutmeg

1. Position rack in lower third of oven; preheat to 350°F. Coat a 10-inch (12-cup) Bundt pan, preferably nonstick, with cooking spray. Dust with flour and shake out excess.

2. Whisk all-purpose flour, whole-wheat flour, baking powder and salt in a medium bowl to combine. Whisk eggs, sugar, milk, butter and oil in a large bowl until creamy yellow, about 2 minutes. In 3 additions, whisk in the flour mixture, making sure the batter is just smooth after each addition.

3. Pour a scant 3 cups of the batter back into the medium bowl. Add molasses, espresso powder (or cocoa), cinnamon, allspice, cloves and nutmeg to the remaining batter in the large bowl. Whisk until smooth.

4. Pour half of the plain batter into the prepared pan, then top with half of the spiced batter, spreading it to the sides. Draw a knife or a skewer through the batters to create swirls. Repeat with the remaining batters.

5. Bake the cake until the top feels dry and a toothpick inserted in the center comes out clean, 45 to 50 minutes. Let cool in the pan on a wire rack for at least 1 hour. Carefully run a knife around the edges and center tube to loosen, then invert the cake onto a cake platter. Serve slightly warm or at room temperature.

SERVES 16: 1 slice each

Cal 305 **Fat** 12g (sat 4g) **Chol** 63mg **Carbs** 46g **Total sugars** 30g (added 29g) **Protein** 5g **Fiber** 2g **Sodium** 225mg **Potassium** 153mg.

No-Churn Cardamom-Saffron Ice Cream

ACTIVE: 20 min **TOTAL:** 6 hrs 20 min (including freezing time)

TO MAKE AHEAD: Freeze for up to 1 week.

This recipe was inspired by kulfi, an Indian frozen dessert often flavored with cardamom, saffron and pistachios. Counting saffron threads seems tedious but it is an accurate way to measure one of the most precious spices on Earth. Rather than using an ice cream maker, you whip the cream mixture to form soft peaks before freezing it. The results are über-creamy. (Photo: page 94.)

- ¼ teaspoon cardamom seeds (from 4-5 pods)
- 45 whole saffron threads (¼ teaspoon)
- 1 tablespoon heavy cream plus 1 cup, divided
- ½ cup sweetened condensed milk
- ¼ teaspoon vanilla extract
- Pinch of salt
- ⅓ cup salted roasted shelled pistachios, chopped

1. Use a mortar and pestle to pound cardamom seeds and saffron to a fine texture. Transfer to a large bowl. Warm 1 tablespoon cream in a small microwaveable bowl for 10 seconds. Add to the spices and let bloom, stirring occasionally, for 5 minutes.

2. Stir the remaining 1 cup cream, condensed milk, vanilla and salt into the spiced cream. Use an electric mixer fitted with two beaters or a whisk attachment to whip the mixture at high speed until soft peaks form, about 5 minutes. Sprinkle in pistachios and beat on medium speed for 10 to 15 seconds to combine. Scrape into a freezer-safe container and cover.

3. Freeze until firm, at least 6 hours. Let stand at room temperature for 5 minutes before scooping.

SERVES 6: generous ⅓ cup each

Cal 266 **Fat** 21g (sat 12g) **Chol** 17mg **Carbs** 17g **Total sugars** 16g (added 14g) **Protein** 5g **Fiber** 1g **Sodium** 97mg **Potassium** 205mg.

ANDREA NGUYEN *is a cooking teacher and James Beard Award-winning author. She lives in the Bay Area, where she experiments, writes and also publishes* vietworldkitchen.com. *Her latest cookbook is* Vietnamese Food Any Day.

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SMARTS FROM OUR TEST KITCHEN

Let's Dish

Meet the next generation of dishwashers, promising more sparkle and shine than ever thanks to some innovative technology.

By Lucy M. Clark

Here in the *Eating Well* Test Kitchen, dishwashers are an absolute necessity (we have *six*) or we'd be doing dishes for days. Literally. Of course, this means we also have lots of opinions about them—features we like, ones we'd change. On our wish list: greater capacity, because you can never have enough; a more thorough clean for things like baked-on crud and the insides of tall glasses; and a complete dry (anyone else have to use the drying rack after emptying their dishwasher?). Fortunately for us—and you, if you're in the market—the latest models deliver solutions on all three counts. Turn the page for our favorites.

TED & CHELSEA CAVANAUGH

STAR POWER

All of our dishwasher picks are Energy Star Certified—an EPA-regulated label that lets you know they can save more than 7,000 gallons of water per year compared to washing dishes by hand. On average, they also use 30% less water (as little as 3 gallons per load) than a noncertified dishwasher.

[SOURCE: ENERGYSTAR.GOV]

See 18 surprising things you can put in your dishwasher at *eatingwell.com/dishwasher*

Our Favorite Dishwashers

$900 & UP

Samsung's Linear Wash Dishwasher has a new, flexible third rack so you can fit more in one load—perfect for silverware and oversized utensils like tongs and spatulas. Plus, at the end of every cycle, the dishwasher door automatically pops open to circulate air and help facilitate drying. *(samsung.com)*

$900 & UP

With four rotating, spinning spray arms, the **LG** QuadWash Dishwasher with TrueSteam power-cleans dishes from all angles. It also has "Dynamic Dry" technology that delivers two separate blasts of steam from strong jets—which means no waterlogged dishes and fewer water spots. *(lg.com)*

$1,100 & UP

The name says it all: **KitchenAid's** FreeFlex Third Rack Dishwasher *(shown here)* boasts a trio of dish racks. The top (third) level holds up to 6-inch-tall glasses, mugs or bowls and larger utensils. And it has 360-degree rotating wash jets that reach every crevice of anything you put in the appliance. *(kitchenaid.com)*

$1,200 & UP

Bosch's Benchmark and 800 Series sport a new innovation that they've dubbed "CrystalDry." Naturally occurring minerals contained within the dishwasher collect moisture and transform it into dry heat, as high as 176°F. This is then circulated throughout the machine for thorough, efficient drying. *(bosch-home.com)*

$1,320 & UP

The **GE** Profile Top Control with Stainless-Steel Interior Dishwasher with Sanitize Cycle & Twin Turbo Dry Boost has four dedicated "bottle jets" in the upper rack to clean inside tall items. It also has a dual fan and inline heater for complete drying *and* a steam and sanitize function for extra disinfecting power. *(geappliances.com)*

COURTESY KITCHENAID

Cuckoo for Coconuts

The secret to the maxed-out flavor of this side dish? Coconut in three forms—milk, oil and shredded. **By Adam Dolge**

Coconut Oil
Sautéing the shallots with coconut oil—as opposed to another type of fat—adds a deep, rich coconutty taste to this dish. And although coconut oil is high in saturated fat (which we typically encourage limiting), we use such a small amount—1 tablespoon for the whole recipe—that in this case we say: it's *totally* worth it for the big coconut flavor the oil imparts to the rice.

Long-Grain Brown Rice
As opposed to short-grain rice which softens up and clumps together when cooked, long-grain brown rice stays fluffy, with distinct grains that don't stick. We recommend basmati or jasmine, which each deliver a slightly different flavor. Long-grain brown rice also has improved nutrition over white rice: about 2 grams of fiber per ½-cup serving, plus iron and B vitamins.

Unsweetened Shredded Coconut
Topping the rice with toasted shredded coconut adds another layer of coconut flavor and crunch. Be sure to get the *unsweetened* type to help avoid a ton of sugar, not to mention the fact that this is a savory dish, not dessert. And don't skip toasting—this releases essential oils in the coconut. Just keep an eye on it because it can easily burn!

Light Coconut Milk
Canned coconut milk—not to be confused with the nondairy beverage you pour on your cereal—is made by blitzing coconut flesh with water and then straining it. It has a thick layer of solid fat on the top, so you'll want to shake the can well to incorporate it before opening. Using light coconut milk instead of the regular kind cuts 70 calories and 7 grams saturated fat per serving in this recipe.

Coconut Brown Rice

ACTIVE: 15 min **TOTAL:** 1 hr 5 min

- **1 tablespoon coconut oil**
- **2 medium shallots, sliced into rings**
- **¼ cup unsweetened shredded coconut**
- **Pinch of salt plus ½ teaspoon, divided**
- **1 cup long-grain brown rice, rinsed**
- **1 14-ounce can light coconut milk**
- **½ cup water**

1. Heat oil in a medium saucepan over medium heat. Add shallots and cook, stirring often, until starting to brown, 4 to 6 minutes. Add coconut and cook, stirring often, until golden brown, about 2 minutes. Transfer to a plate with a slotted spoon and sprinkle with a pinch of salt.

2. Add rice to the pot and stir to coat. Add coconut milk, water and the remaining ½ teaspoon salt. Bring to a boil. Reduce heat to maintain a low simmer, cover and cook until the rice is tender and most of the liquid is absorbed, 40 to 45 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork. Serve the rice topped with the toasted coconut and shallots.

SERVES 6: ½ cup each
Cal 233 **Fat** 9g (sat 8g) **Chol** 0mg **Carbs** 34g **Total sugars** 3g (added 0g) **Protein** 5g **Fiber** 3g **Sodium** 240mg **Potassium** 178mg.

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HOW TO MAKE KHANOM TOM

PAGE 87

1 Heat ⅓ cup palm sugar and 1 Tbsp. water in a small saucepan over medium-high heat until the sugar has dissolved. Add ½ cup finely shredded fresh coconut; cook, stirring frequently, until the coconut has absorbed most of the syrup and the syrup has thickened, 2 to 3 minutes. (Watch carefully; this can burn quickly.) Immediately transfer the caramelized coconut to a bowl to cool. 2 Using about 1 tsp. each, shape the still-warm filling into 24 balls. Pinch off a 1-inch chunk of dough and flatten it into a disk about ¼ inch thick. Place a coconut ball in the center. 3 Pinch the dough around the ball, then roll between your palms to create a round dumpling. Repeat with the remaining dough and filling. 4 Spread 1 cup finely shredded fresh coconut in a dish. Boil the khanom *(see recipe, Step 5)* and roll them in coconut.

INGREDIENT ID

Glutinous Rice Flour *(p.87)* Found in Asian and specialty stores, this flour is made from short-grain glutinous rice. Despite its name, this rice doesn't contain gluten. Instead, the word refers to its high starch content, which becomes sticky when heated. It's commonly used to make dumplings and many Asian desserts.

Chestnut Flour *(p.83)* Made from dried chestnuts, this gluten-free flour (find it online) has a delightful toasted-chestnut aroma. Since it has a tendency to compact and clump together, it's important to sift the chestnut flour after measuring. Also note: like whole-wheat flour, it spoils easily, so store it in the freezer.

Palm Sugar *(p.87)* This mildly caramel-flavored sweetener, popular in Southeast Asian cuisine, is made from the sap of palm trees. They're tapped like maple trees are. You will find it online in both its granulated and solid brick form (*shown*), which is what we use in the Khanom Tom recipe.

THIS PAGE & PREVIOUS: JACOB FOX; STYLING: LAUREN MCANELLY (FOOD), SUE MITCHELL (PROPS); ILLUSTRATIONS BY EMMA DIBBEN

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
53	California-Style Breakfast Sandwich	492	30	0	19	9	583	361					28		■			■		■
54	Feta, Egg & Olive Pita	287	27	0	16	4	610	229					31		■			■		■
54	Hash Brown, Egg & Cheese Sandwich	475	32	1	15	5	837	189				53	31		■	■				■
58	Mandarin Tahini Smoothie	155	27	0	3	4	68	503				86		48	■	■	■		■	■
54	Pimiento Cheese & Egg Sandwich	317	33	0	15	6	524	267							■			■		■
54	Salami, Egg & Provolone Sandwich	312	16	0	18	1	857	159	43	110		22	75		■			■		
54	Smoked Salmon, Egg & Pickled Beet Bagel Sandwich	368	35	3	19	2	631	334		23			64		■			■		
Side Dishes, Salads, Dressings & Snacks																				
49	Arugula & Potato Salad with Herbs	168	23	0	3	2	359	428								■				■
101	Coconut Brown Rice	233	34	0	5	3	240	178								■			■	■
58	Honey-Cinnamon Tahini Drizzle	107	8	4	3	1	42	80							■	■				■
49	Mixed Greens with Carrot-Ginger Dressing	191	16	4	2	5	327	200				241		37	■	■		■	■	■
58	Olive-Yogurt Dip	60	3	0	3	0	38	61							■	■		■		■
96	Spice-Crusted Roasted Potatoes	226	32	1	4	3	293	976								■	■	■	■	■
58	Tahini-Citrus Dressing	73	3	1	1	0	38	39							■	■				■
Vegetarian & Vegan																				
97	Cacio e Pepe	322	43	0	12	6	464	271							■			■		■
48	Crispy Tofu & Cilantro Balls	416	21	0	11	2	434	84								■				■
51	Leek & Goat Cheese Spanish Tortilla	429	31	0	18	3	549	192	20		22	22				■		■		■
42	Mushroom Ragout with Herbed Ricotta & Pappardelle	432	56	0	16	5	503	623			23			26	■		■	■		■
33	Parmesan-Crusted Cauliflower with White Beans & Tomatoes	395	48	0	17	12	522	1,236		58	20			136				■		■
58	Tahini-Garlic Noodles	282	43	2	10	6	278	223							■		■	■	■	■
Chicken																				
32	Apricot-Curry Glazed Chicken with Potatoes & Asparagus	382	29	8	32	3	564	455			20			28	■	■	■	■		
37	Blackened Chicken with Chopped Salad	307	9	0	29	3	523	552				93		39	■	■	■	■		
79	Chicken & Halloumi Chickpea Rice Bowls	501	38	0	31	7	733	912	22		30	71		34	■	■				
34	Crispy Buttermilk Chicken Tenders with Snap Pea Slaw	398	20	0	27	3	644	484				104		41	■					
30	Peanut Chicken Lettuce Wraps	497	39	14	38	4	594	847		25		66	34	51		■				
Fish & Seafood																				
76	Air-Fryer Fish Sticks	168	16	0	18	1	491	271							■			■		
96	Black Pepper Crab	205	5	1	20	0	807	416					372		■			■		
45	Grilled Shrimp Tostadas	364	28	0	27	7	629	739						21	■	■		■		
50	Roasted Salmon & Asparagus with Sauce Gribiche	422	6	0	34	3	364	826		24	22	28	260		■	■		■		
44	Scallops & Spring Vegetables with Olive-Caper Pan Sauce	384	24	0	18	6	750	856		27	21	274	27		■	■		■		
36	Seared Cod with Radish & Lentil Salad	561	32	0	33	6	688	394			24		43		■	■		■		
Beef & Pork																				
78	Chile-Spiced Shredded Beef with Cheesy Polenta	391	23	0	34	3	707	558			23	22	90			■		■		
46	Lemon-Garlic Steak & Green Beans	215	10	0	24	3	354	555				23	20		■	■	■	■		
75	Picadillo-Stuffed Empanadas	412	49	0	22	6	483	497					70	23			■	■		
77	Pizza Crêpes	341	22	0	17	3	621	351				26	48	41				■		
41	Pork Chops with Cherry, Watercress & Farro Salad	340	30	0	21	3	532	390							■		■	■		
96	Pork Satay with Spicy Sweet Soy Dipping Sauce	409	18	11	24	2	700	535			20					■				
Desserts																				
85	Budin de Pan (Bread Pudding)	206	35	21	5	1	166	117												■
83	Castagnaccio (Chestnut Cake)	194	28	0	2	2	212	67								■			■	■
84	Czech Poppy Seed Koláče	84	9	1	2	1	75	42												
87	Khanom Tom (Coconut Balls)	66	12	4	1	1	4	24							■	■		■	■	■
97	Marble Spice Bundt Cake	305	46	29	5	2	225	153												■
97	No-Churn Cardamom-Saffron Ice Cream	266	17	14	5	1	97	205								■				■
87	Quadradinhos de Laranja (Little Squares of Orange)	59	9	7	1	0	26	12										■		■
79	Strawberry Crumble Bars	208	34	15	3	2	93	97						28						■

How We Analyze Recipes
All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: *eatingwell.com/go/guidelines*

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products.
Vegetarian: Meatless (or meatless options listed first).

LEIGH BEISCH

Sprouting Heritage

Every seed has a story. Meet the company bringing them to light.

By Rachel Stearns
Photo by Neal Santos

THE SITUATION When Owen Taylor *(left)* moved to Philadelphia in 2012 to marry Christopher Bolden-Newsome *(right),* he was inspired by the city's urban farms—in particular those cultivated by immigrants and refugees. Taylor had years of experience doing food justice work and Bolden-Newsome was a farmer. Together they wanted to find a way to support the efforts of those communities. "I invited people from five Philly farms to come to my kitchen table," Taylor says. Among them were farmers focusing on their ancestral Burmese, Vietnamese, African and African American crops. They brainstormed: What was missing from their work? The answer: A space for growers to tell the stories of their food and medicinal plants—and benefit economically while doing it. He took that to heart and in 2017, Truelove Seeds was born.

WHAT THEY DO Sourcing from more than 20 small farms along the Eastern Seaboard, the company sells seeds for heirloom vegetables, herbs and flowers—varieties rarely sold in the United States that hold cultural significance for refugees and immigrants. What really sets Truelove Seeds apart? The wealth of historical lore about each variety on its website. Take, for example, the Fish Pepper, so named because Black chefs in Baltimore in the late 1800s used it in seafood dishes. The seeds were given to gardener H. Ralph Weaver in the 1940s and grandson William Woys Weaver found them in a deep freezer decades later. Soilful City, a Washington, D.C., organization working to connect under-resourced people to the land, grows the pepper for Truelove.

WHY IT'S COOL Recognizing that stories don't put food on the proverbial table, Truelove Seeds gives 50% of the profits from each seed packet right back to the grower. Yet the stories *are* what matter most, Taylor underscores—especially those of people of color, which have too often been omitted from world and U.S. history. "All of the food we eat has been shaped by human hands. Being able to honor that by talking about those origins is really important to me," says Taylor. He sees the passing down of ancestral knowledge as a form of empowerment and healing, and a step toward food sovereignty—affordable, accessible and culturally relevant food for all.

For more of Truelove Seeds' storytelling work, check out *@seedkeeping* on Instagram, the podcast "Seeds and Their People" and *trueloveseeds.com*.

EATINGWELL® (ISSN 1046_1639), May 2021, Volume XX, No. 4, is published 10 times/year in January/February, March, April, May, June, July/August, September, October, November and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA and at additional mailing offices. Subscription prices: $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. ©Meredith Corporation 2021. All rights reserved. Printed in the U.S.A.

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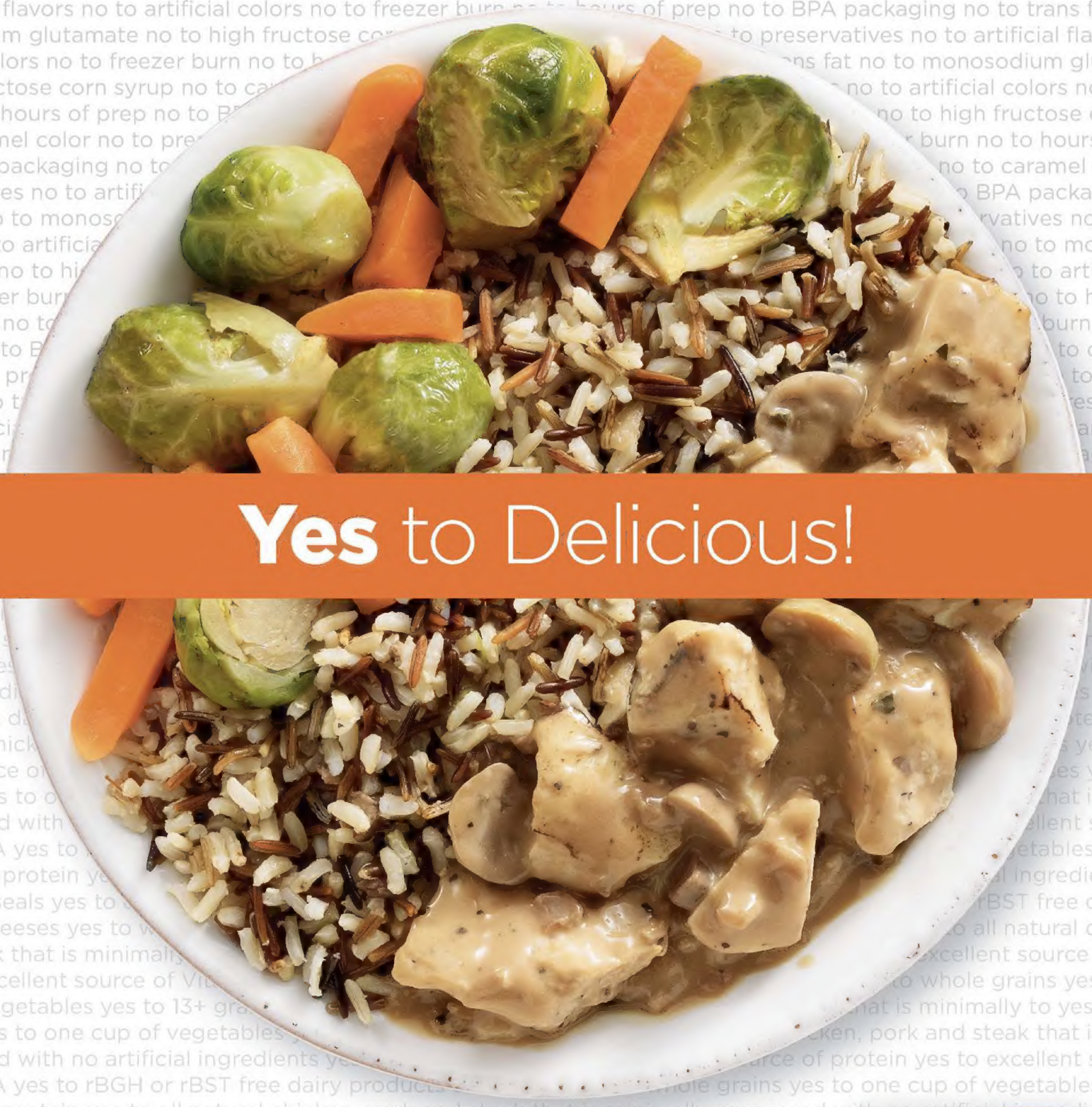

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